

周周有安排 日日有进步



刘弢 吕春昕 / 编译

周计划

英语阅读理解

契合中考命题

时间计划合理

题材丰富多样

题型全面覆盖

附 全文翻译，彻底解决读不懂、读不透

中考冲刺



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周计划
英语阅读理解(中考冲刺)
(附全文翻译)

五年经典版

 华东理工大学出版社

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编 译 / 刘 弢 吕春昕

策划编辑 / 戎 炜

责任编辑 / 王 芳

责任校对 / 张 波

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联系我们 : 电子邮箱 press@ecust.edu.cn

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前言

看着市场上浩如烟海、质量参差不齐的中学英语教辅图书，有一个想法在我们心中由来已久，那就是编写一套真正内容扎实、效果明显、让同学和家长们的每一分钱都不虚掷的中学英语阅读理解和完形填空丛书。经过精心选编和翻译，经过无数次推敲和取舍，现在，这套丛书终于完稿了，以下是它们的五个主要特点，希望对您有所帮助。

一、内容经典，所有篇目均选自历年中、高考真题。我们尤其注重英文的地道和原汁原味，剔除了某些由中国人撰写的、带有明显汉语思维痕迹的中、高考文章。

二、循序渐进，按内容的难度进行分级。整套丛书从初一至高中难度逐渐抬升，让阅读者的英语水平在不知不觉中得到提高。

三、疑难词、关键词注释，力求重点突出。特别是给出了相应的例句，便于阅读者彻底掌握这些词汇。

四、全文翻译，彻底解决读不懂、读不透、练习做了很多但水平提升缓慢的问题。您可能早已注意到，超过99%的中学英语教辅书籍是没有翻译的，为什么？因为翻译的难度最大、对编者的挑战最高。所以我们查阅了大量资料，尽力提供最为准确、流畅的译文，力求使同学们读一篇就彻底消化一篇。

五、采用五篇阅读理解的周计划模式，并在周末补充生词强化及

幽默故事。 全书共24周，一周之内每天读一篇，题量不大便于坚持，以达到循序渐进的目的。

本书出版后受到了读者欢迎。为进一步提高质量，修订时删减了部分过难的篇目，题型更加多样化，以期更适合学生使用。

此外，为了将“全文翻译，彻底解决读不懂、读不透”的理念贯彻到底，从“帮助读者最大化提升阅读能力”的角度出发。英语阅读能力的提升犹如筑建一座高楼大厦，里面的一砖一瓦就是你平时读书、练习时所积累的单词、词组、句型，词汇量的拓展才是浇筑好阅读这座大厦的根基！相信在周计划全文翻译的练习巩固下，辅之以中考词汇的完全掌握，阅读不丢分，学霸就是你！

丛书自2010年第一版面市以来，五年间历经数次修订改版，只为将内容加以完善。不足之处敬请读者指正。

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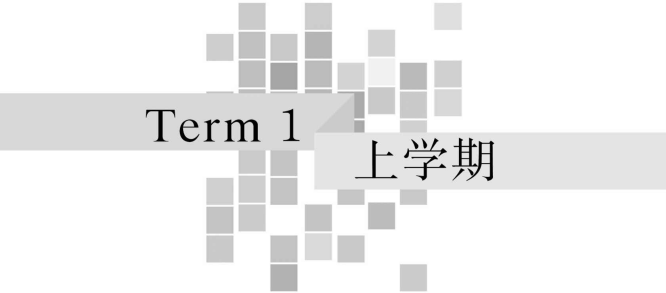
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Term 1

上学期

第1周

(答案参见此处)

Monday

题材：英雄品质 词数：251 建议阅读时间：5分钟

It's not easy to find a person with the qualities it takes to be a hero . I didn't really understand the meaning of the word“hero”until my third year in the college .

If you saw her , you wouldn't think she really looks the part , but she is stronger than Superman could ever be . Her name is Sandra Keierleber . I first met her at volleyball tryouts , but didn't notice anything special at first . As the week passed , however , she showed she had more heart than anyone . She stood out because she never gave up , no matter what .

Sandra isn't the tallest or the fastest—in fact , this was her first time playing volleyball and it showed—but that didn't stop her . She was always the first to arrive and the last to leave . By the end of tryouts she had found a place in everyone's heart . When the name list for new members was put up , we all waited nervously as she checked . When she stood at the door and smiled happily , all we could do was cheer .

After Sandra made the team , she worked even harder to improve her game . When she asked for help , we gladly taught

her . She also became our fan , attending almost every school game and even joining us in the city games . We all like her , because she never thinks about doing things the easy way , or lose that smile . Because of her great efforts , she makes herself a true hero—and my hero , too .

生词

look the part 显得像那个角色的样子 : There was a man walking up and down our street all last night , and if he wasn't actually a thief he certainly looked the part . 昨天一整晚 , 有个人在我们这条街上走来走去 , 即使他真的不是贼 , 样子也很像。

tryout *n.* 选拔 (赛) : tryouts for chorus 合唱队的选拔

stand out 显眼 , 引人注目 : A very tall man stands out in a crowd . 高个子在人群中很显眼。

make the team 被选进运动队 : Heidi is sure to make the basketball team . 海迪肯定会入选篮球队。

阅读上面的短文 , 选择正确答案。

1 . What did the writer think of Sandra Keierleber at the beginning ?

- A . Strong .
- B . Honest .
- C . Pretty .
- D . Common .

2 . Sandra began to play volleyball when ____ .

- A . she was at college
- B . she was tall enough
- C . she became a hero
- D . she met the Superman

3 . Which of the following is true about Sandra ?

- A . She was born a volleyball player .
- B . She isn't the tallest but the fastest .
- C . She does things in an easy way .
- D . She is popular with her teammates .

4 . The writer is most probably ____ .

- A . a news reporter
- B . a college student
- C . a story teller
- D . a college teacher

5 . Why does the writer think of Sandra Keierleber as a true hero ?

- A . She did very well at the tryouts .
- B . She worked hard and never gave up .
- C . She took part in the city matches .
- D . She asked for help from her teammates .

参考译文

要想找到一个具备英雄品质的人并非易事。在大学3年级之前，我一直没有真正体会到“英雄”这个字眼的含义。

如果看见她，你不会觉得她真的像英雄，但她却比超人最强大时还要强大！她的名字是桑德拉·凯乐伯。我是在排球选拔赛上与她初次碰面的，当时并没有发现她有什么与众不同之处。然而，当一周的时间渐渐过去，她却表现出比其他任何人都要多的决心。她之所以杰出，就在于她无论如何都永不言弃的精神。

桑德拉并不是队里身材最高或速度最快的人，实际上，那是她第一次打排球，她的表现也说明了这点，但这并没有成为让她却步的理由。她总是最早到场，最晚离开。当选拔赛全部结束时，她已在每个人的心中占据了一席之地。当新队员的名单公布后，我们都焦急地等待着她核对是否入选的结果。当她开心地笑着站到教室门口时，我们全都欢呼起来。

桑德拉成功入选排球队后，为了提高自己的水平，她甚至比以往更加努力。当她向我们寻求帮助时，我们都欣然应允。她也成了我们的粉丝，跟我们一起参加几乎所有的校际比赛，甚至城际比赛。我们都很喜欢她，因为她从未想过一步登天，也从未失去笑容。由于付出了巨大努力，她让自己成了真正的英雄，也成了我心中的英雄。

Tuesday

题材：趣闻轶事 词数：330 建议阅读时间：6.5分钟

At one time no one could travel on an English road faster than four miles an hour . That was the law until 1896 . A man had to walk in front of a car which could not go faster than the man . At night the man had to carry a red lamp .

Once Charles Rolls brought a car from France to England , but

he wanted to drive faster than four miles an hour . In order to have no trouble with the police , he had a talk with some of the police officers , who ordered their policemen to look the other way when the car came along the road . This was a good plan in the country , but not so easy to follow in the busy streets of London .

One night Rolls and some friends started from London on their journey to Cambridge . One of the men walked in front with the red lamp , but he walked as fast as he could . The police became very interested in walls and shop-fronts when they heard the car , and not one of them saw it .

They reached a hill ; but what a waste of time it was to drive down the hill at four miles an hour ! Rolls was getting ready to jump into the car ; but then he noticed a policeman who was not looking the other way . The slow car reached him .

“Good evening , ”said the policeman , looking at the car .

“Good evening , ”said Rolls , holding the lamp .

“One of these horseless things , ”said the policeman , looking at it with interest .

“Yes , ”said Rolls , and waited .

“I’ve often wanted a ride in one ; but of course policemen can’t buy things like that . ”He turned and looked hopefully in Rolls’s face .

“Jump in , ”said Rolls .

“Thanks , ”said the policeman , and did so . “Now , ”he said ,

sitting down , “you can let it go just as you like down this hill .
There isn't another policeman on this road for a mile and a half . ”

生词

front *n* . 建筑物的正面 : The west front of the church contains some fine old windows . 这座教堂朝西的那面有许多漂亮的老式窗户。

阅读上面的短文 , 选择正确答案。

1 . The policemen were told “***to look the other way*** ” so that
_____ .

- A . they could watch the car coming from the other direction
- B . the car could go faster than four miles an hour
- C . they could make sure no one was in the way
- D . the car would not hit them on the road

2 . In what way did the policemen carry out the order from their officers ?

- A . They greeted Rolls when the car came along .
- B . They walked in front of the car with a red lamp .
- C . They pretended to be attracted by something else .
- D . They stood on duty every 1.5 miles along the road .

3 . The policeman who said “Good evening” to Rolls wanted to
_____ .

- A . teach Rolls a lesson
- B . take a free ride home

- C . have a talk with Rolls
- D . have a car ride experience

4 . After the policeman jumped into the car , Rolls ____ .

- A . dared not drive the car faster than he was allowed to
- B . could drive as fast as he wished within a certain distance
- C . could drive on any road he liked for the rest of the journey
- D . drove his car as fast as he could down the hill to Cambridge

参考译文

曾经有一段时间，在英国的马路上开车不能超过每小时4英里。这条法律一直执行到1896年。开车时必须有一个人在前面，车不能开得比这个人快。晚上的时候，这个人必须提一盏红灯。

有一次，查尔斯·罗尔斯把一辆车从法国弄到了英国，他想让车速超过每小时4英里。为了不让警察找麻烦，他和警察局的官员们谈了一次话，于是这些官员命令警察在这辆车沿着马路开过来时朝别的方向看。如果在乡下，这倒是一个好办法，但假如是在伦敦的繁忙街道上，这就很难做到了。

一天晚上，罗尔斯和朋友们开车从伦敦出发到剑桥。有一个人举着红灯走在前面，他尽量走得快一些。当警察们听到车开过来的声音时，他们装作对墙和商店的门面感兴趣，因此，没有一个警察看到这辆车。

他们上了一个小山包，但下山的时候，如果也是每小时4英里的话，那真是浪费时间！罗尔斯准备钻进车里开快车，这时，他注意到有一个警察没有看别的地方。这辆车只得慢慢地靠近他。

“晚上好，”这位警察一面看着车一面说。

“晚上好，”罗尔斯手里举着灯说道。

“这就是那种不用马拉的东西，”这位警官看着车饶有兴趣地说。

“是的，”罗尔斯说，等着看这位警察还有什么举动。

“我经常想坐坐车，但警察当然买不起这样的东西。”他转过身来，充满期待地看着罗尔斯的脸。

“上车吧，”罗尔斯说。

“谢谢，”警察边说边上了车。“现在，”他一面坐下一面说道，“下山的时候，你想开多快就开多快吧。这条路上1.5英里之内不会有第二个警察了。”

Wednesday

题材：环境保护 词数：352 建议阅读时间：7分钟

More than 50 , 000 , 000 people live in the rainforests of the world and most of them do not hurt the forest they live in . They eat the fruits that grow on the forest trees , but they do not cut them down . They kill some animals to eat , but they do not destroy them .

When we cut down the rainforests , we destroy these forest people , too . In 1900 , there were 1 , 000 , 000 forest people in the Amazon forest . In 1980 , there were only 200 , 000 .

The Yanomami live along the rivers of the rainforest in the north of Brazil . They have lived in the rainforest for about 10 ,

000 years and they use more than 2 , 000 different plants for food and for medicine . But in 1988 , someone found gold in their forest , and suddenly 45 , 000 people came to the forest and began looking for gold . They cut down the forests to make roads . They made more than a hundred airports . The Yanomami people lost land and food . Many died because new diseases came to the forest with the strangers .

The Yanomomi people tried to save their forest , because it was their home . But the people who wanted gold were stronger .

Many forest people try to save their forests . Chico Mendes was famous in Brazil because he wanted to keep the forest for his people . “I want the Amazon forest to help all of us—forest people , Brazil , and all the Earth , ”he said . A few months later , in December 1988 , people who wanted to cut down the forests killed Chico Mendes .

In Borneo , people were cutting down the forests of the Penan people to sell the wood . The Penan people tried to save their rainforest . They made blockades across the roads into the forest . In 1987 , they closed fifteen roads for eight months . No one cut down any trees during that time .

In Panama , the Kuna people saved their forest . They made a forest park which tourists pay to visit .

The Gavioes people of Brazil use the forest , but they protect it as well . They find and sell the Brazil nuts which grow on the forest trees .



生词

blockade *n.* 封锁；障碍：After the earthquake the police set up a blockade into town to prevent robbing . 地震后警察封锁了进城的道路，以防止抢劫。

阅读上面的短文，选择正确答案。

1 . The number of the people living in the Amazon forest in 1980 was ____ of that in 1900 .

- A . half
- B . one-third
- C . two-fifths
- D . one-fifth

2 . The people who ____ have destroyed the rainforest of the Yanomami .

- A . pick fruits and kill animals to eat
- B . use plants for food and medicine
- C . have lived there for about ten thousand years
- D . made the roads and the airports

3 . Those people built roads and airports in order to ____ .

- A . carry away the gold conveniently
- B . make people there live a better life
- C . stop spreading the new diseases
- D . develop the tourism there

4 . Which of the following is wrong ?

A . The Penan people closed 15 roads with blockades to save their forests .

B . The Penan people were cutting down the trees to sell the wood .

C . The Penan people didn't want other people to destroy their forest .

D . Those who wanted to cut down the trees were stopped at the road blockades .

5 . In Panama , visitors have to___before they enter the forest park of the Kuna people .

A . buy Brazil nuts

B . plant trees

C . pay for the tickets

D . pay for the gold

6 . From the passage , we learn that___ .

A . we need wood to build houses , so we have to cut down trees

B . the rainforest people have done something to protect their home

C . to humans , gold is more important than trees

D . we mustn't cut down any trees or kill any animals

参考译文

全世界生活在雨林里的人有5000多万，他们大多不去破坏生存的环境。他们吃生长在树上的果实，却不砍伐树木；他们猎杀动物充饥，却不毁掉它们。

当我们砍伐雨林时，我们也在毁掉这些居住在雨林里的人。1900年，生活在亚马逊雨林中的人有100万，到了1980年，仅剩下20万。

亚诺玛米人生活在巴西北部雨林中的河流沿岸。他们已经在此生活了约一万年，他们使用两千多种植物作为食物和药物。可到了1988年，有人在这片雨林中发现了黄金，立刻有45000人涌入这片森林寻找黄金。他们砍伐树木、铺设道路，建造了100多座机场。亚诺玛米人失去了土地和食物，许多人死于陌生闯入者带来的新疾病。

亚诺玛米人想挽救这片森林，因为这里是他们的家园。但淘金的人势力更强大。

许多生活在雨林里的人都想挽救他们的家园。奇科·门德斯在巴西很有名，因为他想为他的人民保住雨林。“我想让亚马逊雨林帮助我们所有的人——生活在雨林里的人、巴西人、所有的地球人。”他说。几个月后，也就是1988年12月，想要砍伐雨林的人杀死了他。

在婆罗洲，人们砍倒本南人居住的森林出售木材。本南人想挽救雨林，于是在通往雨林的路上设置路障。1987年，他们封锁了15条道路，时间长达8个月。这段时间，一棵树也没有被砍倒。

在巴拿马，库纳人挽救了雨林。他们建造了一座森林公园，游客可以付费参观。

巴西的加维厄斯人使用森林，同时也保护森林，他们寻找生长在树上的巴西果出售。

Thursday

题材：历史事件

词数：268

建议阅读时间：5.5分钟

In May 1927 , at least four different people were planning to fly between New York and Paris . On the morning of 20 May , none of them had done so yet . Lindbergh took off from New York in his small plane . It was heavy with fuel and it seemed it would never get off the ground . He got into the air just in time to fly over a tractor and some telegraph wires at the end of the field .

For the first eleven hours he flew along the Atlantic coastline . When he turned towards the open ocean , it was getting dark and the worst part of the flight was just beginning .

First , there was a freezing fog . For a time he kept away from this by flying lower over the water . But then the fog came down to the tops of the waves . Lindbergh flew higher but it was so cold that ice formed on the wings . In the black darkness he shook the ice off by diving and turning sharply . Twenty-four hours had passed now and he was terribly tired . He was still over the Atlantic in darkness . He ate nothing because he thought it would be easier to stay awake on an empty stomach .

Then dawn came . A few minutes later he was over the Irish coast . He flew on over England and crossed to France . It was dark again when he reached Paris . A huge , excited crowd of 100 , 000 people were waiting for him when he landed . He had flown for thirty-three and a half hours . It is probably the most famous flight in history .

生词

sharply *adv.* 突然地，急剧地：Interest rates have fallen sharply over the last few weeks . 在过去的几周内，利率急剧下降。

dawn *n.* 黎明：We arrived just as dawn was breaking . 天刚发白时，我们到达了。

阅读上面的短文，选择正确答案。

1 . In May 1927 , at least four people were planning the flight . Lindbergh was ____ to take off .

- A . the first one
- B . the second one
- C . the third one
- D . the last one

2 . After he took off from New York , he ____ .

- A . flew along the coastline for quite a long time
- B . immediately turned towards the open ocean
- C . ran into freezing fog and ice over the Atlantic
- D . found it was already getting dark

3 . Why didn't he eat anything ?

- A . He had forgotten to bring any food with him .
- B . He was afraid he would fall asleep if he should eat anything .
- C . He was not hungry .
- D . It was difficult to eat while flying a plane .

4 . Which of the following is NOT true ?

A . When he got to Paris , it was already dark .

B . When he got to Paris , his plane had just run out of fuel .

C . When he got to Paris , he was hungry and tired .

D . When he got to Paris , about 100 , 000 people welcomed him .

5 . This is an article ____ .

A . on aviation history

B . about a man called Lindbergh and his plane

C . about a famous flight across the Atlantic

D . about how to go to Paris from New York by plane

参考译文

1927年5月，至少有4人计划进行一次纽约与巴黎间的飞行。5月20日早晨，他们中还没有一人行动，而林德伯格却驾驶着自己的小飞机从纽约出发了。由于燃料的缘故，他的飞机显得如此沉重，好像不能正常起飞一样。但最终他还是及时越过飞机场上的牵引车和机场边缘的电报线，成功地飞向天空。

在开始的11个小时中，他沿着大西洋海岸飞行。转向公海时，天色开始变暗，飞行中最糟糕的一段才刚刚开始。

首先，他遇到了冻雾。为了躲避冻雾，他只能紧贴水面飞行了一段时间。但不久冻雾就直压下来，甚至笼罩到海浪上。林德伯格试图拉高飞机，但天气太冷，机翼上覆盖了冰层。在这漆黑的夜里，他操控飞机急剧地俯冲和转向，想把冰层抖落下来。24小时过去了，此时他已非常疲惫，但还未飞出漆黑的大西洋上空。他没有

进食，因为他认为在空腹的情况下容易保持清醒。

黎明终于来临。几分钟后他到达爱尔兰海岸上空。他继续飞行，越过英国向法国进发。到达巴黎时，迎接他的又是黑夜。着陆的时候，多达10万之众的人群正兴奋地等着他。他一共飞行了33.5小时。这可能是有史以来最著名的飞行。

Friday

题材：趣闻轶事 词数：245 建议阅读时间：5分钟

Mr . Brown was at the theatre . He had got his ticket at the last moment , so he had not been able to choose his seat . He now found that he was in the middle of a group of American ladies , some of them middle-aged and some quite old . They obviously all knew each other well , as , before the curtain went up on the play they had come to see , they all talked and joked a lot together .

The lady sitting on Mr . Brown's left , who was about sixty years old , seemed to be the happiest and the most amusing of the American group , and after the first act of the play , she apologized to him for the noisiness of her friends . He answered that he was very glad to see American ladies so obviously enjoying their visit to England , and so they got into conversation . Mr . Brown's neighbour explained what they were doing there .

“You know , I have known these ladies all my life , ”she said . “We all grew up together back in our hometown in the United States . They have all lost their husbands , and call themselves ‘the Merry Widows’ . It is a sort of club , you know .

They go abroad every summer for a month or two and have a lot of fun . They always go everywhere together . I have wanted to join their club for a long time , but I didn't qualify for membership until the spring of this year . ”

生词

curtain *n* . 窗帘；幕布：She fainted as the curtain fell on the third act . 第三幕落幕时，她晕倒了。

act *n* . （戏剧的）一幕；（演出节目的）一项：a one-act play一出独幕剧

widow *n* . 寡妇：She was left a widow at the age of thirty . 她30岁时成了寡妇。

qualify *v* . 使合格，使胜任：His ability qualifies him for the job . 他的能力使他胜任这一工作。

阅读上面的短文，回答问题。

1 . Why had Mr . Brown not been able to choose his seat ?

2 . What did the American ladies do before the curtain went up ?

3 . Who seemed to be the happiest and the most amusing of the American group ?

4 . What did the lady apologize to Mr . Brown for after the first act of the play ?

5 . What did the American ladies do every summer ?

6 . When did Mr . Brown's neighbour join their club ?

参考译文

布朗先生来到戏院。由于他是最后一刻买的票，所以无法挑选座位。他发现自己的位置在一群美国妇女中间，她们有的人到中年，有的年纪已经很大了。显然，她们彼此熟悉，因为，在戏还没有开始前，她们全都又说又笑。

坐在布朗先生左边的那位女士约60岁，她似乎是这群人中最高兴、最逗乐的一个，第一幕戏结束后，她向布朗先生表示歉意，因为她的朋友们太闹了。布朗先生答道，看到美国女士在英国游玩时喜悦之情溢于言表，他也很高兴。他们就这样聊了起来。布朗先生的邻座解释了她们此行的缘由。

“你知道，我从小就认识她们，”她说，“我们在美国的老家一起长大。她们全都没了丈夫，所以自称‘快乐寡妇’，这其实是一家俱乐部。她们每年夏天都要到海外待一两个月，尽情地玩乐。无论去哪里，她们总是一起行动。我一直想加入她们的俱乐部，但直到今年春天我才有入会资格。”

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

tryout	blockade	curtain	act	widow	qualify
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() 1 . a woman whose husband has died and who has not married again

() 2 . one of the main parts of a play or opera

() 3 . a very large piece of cloth that is pulled up or to the side on a theatre stage when a performance starts

() 4 . to have the qualities that are necessary for something

() 5 . a test of the suitability of a performer

() 6 . a situation in which a place is surrounded by soldiers or ships in order to prevent goods or people from reaching it

轻松一刻

幽默故事

Tom : Dad , why are you smoking one cigarette after another ?

Dad : Silly boy , don't you know I can save some matches in this way ?

参考译文

汤姆 : 爸爸 , 为什么你一根接一根地抽烟 ?

爸爸 : 傻孩子 , 难道你不知道这样能节省几根火柴吗 ?

第2周

(答案参见此处)

Monday

题材：成长故事 词数：269 建议阅读时间：5.5分钟

It was during a weekend . Mum gave me two tickets for a film and told me she was too busy with the endless housework to go with me . She told me to keep the money if I could sell the extra ticket . I was very happy , of course . At that time , a ticket only cost 20 cent . But to me , a little girl of 12 , 20 cent seemed quite a lot .

I reached the cinema in a great hurry . Holding the ticket in my hand , I began to look for a buyer . A handsome young man noticed me and the ticket in my hand . He came towards me with a big smile . “You've got an extra ticket ?”

“Yes , ”I nodded .

“That's great . Say , how much ?”

“Twenty cent . ”

“Oh , ”he thought for a while and then took out a ten-dollar note from his wallet .

“I'm very sorry , but I've only got this note . ”Seeing I was confused , he added , “Then , how about waiting for a while and

I'll give you the money after I have changed it in the cinema's store ? ”

Without much thinking , I agreed . Then we went to the cinema together . He walked fast . I could hardly keep up with him . By and by , he left me farther and farther behind . Soon he disappeared in the Gents . I stood there without knowing what to do . Suddenly I seemed to realize the handsome young fellow had cheated me . He had saved twenty cent , but lost his honour .

It seemed to be a funny or even ridiculous experience . But it did cast a dark shadow on my young mind .

生词

gents *n* . [常作Gents] 男厕所 (Gentleman的缩写)

ridiculous *adj* . 滑稽的 , 可笑的 : The fat old man looked ridiculous in his tight pink trousers . 这个胖老头穿着粉红色紧身裤 , 看上去真可笑。

cast *v* . 扔 , 抛 : The oak tree casts a long shadow across the lawn in the afternoon . 下午 , 橡树在草坪上投下了一个长长的影子。

阅读上面的短文 , 选择正确答案。

1 . When do you think the story probably happened ?

A . Monday .

B . Tuesday .

C . Sunday .

D . Friday .

2 . The sentence “**20 cent seemed quite a lot** ”in Paragraph 1 suggests that ____ .

A . the writer did not have much pocket money

B . the writer cared much for the money

C . 20 cent could buy a lot of things

D . the writer had never had as much money as that

3 . The man took out a ten-dollar note from his wallet , for ____ .

A . he thought the writer would be happy at the sight of the note

B . he really had nothing but the ten-dollar note

C . he was not sure if the writer would sell him the ticket

D . he knew the writer was not able to give him back the change

4 . How did the writer realize that she was cheated ?

A . The man walked too fast for her to keep up with .

B . The man went to the Gents and was not seen again .

C . The man asked her to wait for a while .

D . The man said that he only had a ten-dollar note .

参考译文

那是一个周末，妈妈给我了两张电影票，告诉我因为不断地有家务要做，所以不能陪我一起去。她说如果我能卖掉多余的那张，钱就归我了。当然，我非常高兴。那时，一张票只有20美分。但对

我这样一个12岁的小姑娘来说，20美分似乎是很大一笔钱。

我匆忙赶到电影院，手里攥着那张票，开始寻找买家。一位英俊的小伙子注意到了我和我手中的票。他面带灿烂的笑容朝我走来：“你有多余的票吗？”

“是的。”我点点头。

“太棒了，多少钱？”

“20美分。”

“哦，”他思量了片刻，然后从钱包里掏出一张10美元面值的钞票。

“对不起，我只有这张钞票。”他看到我困惑的样子，又说：“这样吧，等一会儿我去电影院的商店把钱换开再给你，怎么样？”

我没多想就同意了。然后我们一起走进电影院。他走得很快，我几乎跟不上他。渐渐地，他把我落得越来越远。很快，他进了男厕所。我站在外面不知所措。突然，我似乎意识到这个英俊的小伙子骗了我。他省了20美分，却丢掉了信用。

这似乎是一个可笑甚至荒唐的经历，但它却在我幼小的心灵里留下了阴影。

Tuesday

题材：趣闻轶事

词数：321

建议阅读时间：6.5分钟

Visitors to a small zoo in the UK were puzzled when they saw £3,414 painted on the side of an elephant. Some wondered if

this was to show what the animal had cost ; others guessed that the elephant was for sale .

The next day a report in a local newspaper solved the mystery . In England , there are two main forms of taxation : a national income tax and a local tax on property . This local tax is called the “rates” and it is paid for things such as street lights , education , water , repairing roads , collecting rubbish , etc .

The owner of the small zoo was asked to pay £ 3 , 414 rates but he said angrily that the government officials did not provide his zoo with any facilities . He had to repair his own roads , provide his own water and put up lights . As a result , he decided to make a protest . Instead of paying in money , he offered to give his elephant to the government officials and said it was worth the money he owed .

The officials did not want the elephant . They did not know what to do with it . They took the owner of the zoo to court to try to get their money .

The local judge listened to both sides of the case . He said that he sympathized with Mr . Taylor , the owner of the zoo , but that he must pay his debt .

In the end , Mr . Taylor had no choice but to pay his rates . However , his protest was helpful in at least one way . As a result of the court case , he received a lot of publicity in newspapers and on television . People became curious to find out where his zoo was . Hundreds of them drove to the zoo and asked to see the elephant with a price on it . As a result , he received much more

money through admission charges , and his zoo became more popular and profitable .

生词

taxation *n* . 税收 , 税款 : The new government has increased taxation . 新政府提高了税收。

rate *n* . (房地产拥有者交的) 地方税 , 不动产税 : The rates have gone up . 不动产税提高了。

protest *n* . 抗议 : The strike began late in September in protest against a reduction of wages . 罢工从9月下旬开始 , 以抗议削减工资。

publicity *n* . 宣传 : Who is in charge of publicity for our show ? 谁为我们的展览会做宣传 ?

charge *n* . 费用 , 价格 : an admission (或 entry) charge 入场费

阅读上面的短文 , 选择正确答案。

1 . The sum of £ 3 , 414 was painted on the side of the elephant because ____ .

- A . it was the amount of rates which Taylor had to pay
- B . it was the cost of the elephant
- C . it was the exact amount of the income tax which Taylor owed
- D . Taylor was anxious to sell his elephant to get some money

2 . Why did Taylor protest about the amount of his rates ?

A . He thought he did not get fair value for his money .

B . He was anxious to get rid of his elephant .

C . The roads , lights , etc were in good condition .

D . He wanted to get publicity for the local officials .

3 . The publicity which Taylor received was the result of ____ .

A . the large number of animals in his zoo

B . the unusual nature of his case

C . foolishness on the part of visitors to the zoo

D . increased admission to the zoo

4 . The local newspaper report mentioned in Paragraph 2 appeared ____ .

A . after the court case

B . before Taylor received a bill for his rates

C . shortly before Taylor wrote £ 3 , 414 on his elephant

D . when the zoo was first opened

5 . Who won the court case ?

A . Mr . Taylor .

B . The local judge .

C . The local government officials .

D . The local newspaper .

参考译文

在英国的一个小动物园里，游客们惊奇地发现一头大象的身上

赫然印着“3414英镑”的字样。一些人禁不住想，这是为了说明当时购买这头大象的价格吧；还有些人会想，这头大象大概要被卖掉了吧。

第二天，当地报纸的一篇报道解开了上述谜团。在英国，有两种主要的税费：国家征收的所得税和地方征收的房产税。地方征收的房产税又被称作“地方税”，主要用于支付路灯、教育、供水、修路和收集垃圾等公共事业费用。

这家小动物园的主人被要求支付3414英镑的地方税。他很生气，因为他觉得政府官员没有给他的动物园提供任何便利。实际上，他不得不自己修缮动物园中的道路，自己供水，自己安装路灯。因此，他决定表示抗议。他没有缴税，而是打算将大象交给政府官员，并声称这头大象的价值等于欠缴的税金。

政府官员不想要这头大象。他们不知道该如何处理这件事情，于是将动物园的主人告上了法庭，希望能通过法律拿到应得的税款。

当地的法官听取了诉讼双方的意见。法官说，他很同情动物园主人泰勒先生的境遇，但他必须偿清债务。

最后，泰勒先生别无选择，只得缴纳了税金。但他的抗议至少在一个方面发挥了作用。因为这场官司，他一度成为报纸和电视上的名人。人们开始对他的动物园感到好奇，想知道它位于什么地方。成百上千的人驱车前来，想要一睹那头标有价码的大象的“芳容”。结果，他通过门票赚了很多钱，他的动物园也变得更出名、更有利可图了。

Wednesday

题材： 飞行员的生活 词数： 228 建议阅读时间： 4.5 分钟

Here's an interview to a pilot about his life .

(R = Reporter ; P = Pilot)

R : How much time do pilots actually spend flying a plane ?

P : It varies from about 20 minutes on some domestic flights to as much as 18 hours on international flights . It all depends on if the flight is a short- or long-haul flight .

R : Do pilots take breaks during flights or do they fly the whole time ?

P : We take breaks during long-haul flights . Airlines assign three or four pilots to long flights . We take turns flying the plane .

R : If pilots are traveling all the time , how do they deal with jet lag ?

P : Jet lag is annoying for almost all pilots . I try to go to sleep as I would at home .

R : How important is it to know the weight and size of the plane you are flying ?

P : It is very important . We weigh almost everything put into the airplane and make estimates according to the number of people on each flight .

R : Do pilots eat the airplane food ?

P : Yes , we eat business class food ! Airplane food changes every season and is very delicious if you don't hate eating lobster every day ! The pilots on the same plane are supposed to make different meal choices so that if one of the dishes causes food poisoning , only one of them will be sick . That way , at least one pilot will always be well enough to fly the plane !

生词

vary *v* . 变化 , 相异 : Houses vary in size . 房屋大小不同。

domestic *adj* . 国内的 : Their new car is a domestic make . 他们的新车是国产的。

haul *n* . 路程 , 距离 : It was a long haul home and we arrived exhausted . 回家的路程很长 , 我们到家时已经筋疲力尽了。

assign *v* . 派遣 ; 分配 (任务等) : assign an expert to the job 选派专家去执行任务

lag *n* . 落后 , 延长 ; 落后 (或延迟) 的时间 : jet lag (乘喷气式飞机) 跨时区长时间高速飞行后产生的时差反应

阅读上面的短文 , 选择正确答案。

1 . The number of pilots depends on ____ .

- A . how many hours a plane flies
- B . what kind of planes they are
- C . the airline companies assign

D . what the pilot likes

2 . In order to know the weight of the airplane , the pilots must know ____ .

A . the weight of everything put into the plane

B . the number of people on the plane

C . the weight of the things and people on the plane

D . the importance of the weight

3 . What's the Chinese meaning of the word "***poisoning***" in the passage ?

A . 中毒

B . 难吃

C . 缺少

D . 浪费

4 . What does the pilot think of the airplane food ?

A . Airplane food is more delicious than lobster .

B . The pilot suggests having airplane food instead of lobster .

C . The pilot doesn't like the airplane food at all .

D . Airplane food is as delicious as lobster .

5 . What question doesn't the reporter ask in the interview ?

A . How to keep passengers safe ?

B . How long do pilots actually spend flying a plane ?

C . How to deal with jet lag ?

D . How to take breaks during flying ?

这是对一位飞行员生活状况的采访。

记者： 飞行员每次飞行实际耗时多久？

飞行员： 从20分钟左右的国内航班到18小时的国际航班不等。关键看航班是短途还是长途。

记者： 飞行期间，飞行员会稍作休息还是始终都在驾驶？

飞行员： 在长途飞行期间我们会稍作休息。航空公司为长途飞行配3至4名飞行员。我们轮流驾驶飞机。

记者： 如果飞行员一直在飞，他们如何处理时差问题？

飞行员： 时差让几乎所有的飞行员头疼。我尽量像在家里一样睡觉。

记者： 清楚自己驾驶的飞机重量及大小很重要吗？

飞行员： 非常重要。我们会称量装进飞机的几乎所有东西的重量，并根据每趟航班的人数进行估算。

记者： 飞行员吃飞机上的食品吗？

飞行员： 是的，我们吃商务舱的食品。飞机上的食品每个季节都在变化，如果你不讨厌天天吃龙虾，它们还是很美味的！同一架飞机上的飞行员应当选择不同的饭菜，为的是如果有道菜导致食物中毒，只有一个人会病倒。这样，至少有一名飞行员始终保持健康，足以正常驾驶飞机。

题材：工作狂 词数：201 建议阅读时间：4分钟

Japan has a problem many other countries would envy—his workforce works too hard .

Curing Japanese workers of disease“workaholism”is proving a difficult job partly because many of them like work better than anything else , experts say .

Last month , the Japanese government passed a law for a 40-hour working week , down from 48 hours , to let people spend time away from the office or factory . But it could be many years before average work hours fall to the new level .

In 1995 , Japanese workers worked an average of 2 , 168 hours a year . But people in Britain worked 1 , 952 hours , the United States 1 , 924 , Germany 1 , 659 and France 1 , 643 .

Many Japanese workers work long hours not only because of devotion and the pleasure of the job , but also because of fear and inefficiency .

Many people feel that if they take a week off , they will lose touch with the business and fall behind other people . So they would rather stay at their desks . It is also considered bad form in many offices to leave before the boss . So workers will sit at their desks pretending to be busy until their boss finally puts on his jacket and heads out the door .

生词
envy v . 妒忌 , 羡慕 : I envy his good marks . 我羡慕他的

好分数。

devotion *n* . 奉献；忠诚：We appreciated his devotion of time and money to the project . 我们感谢他为该项目贡献的时间和金钱。

inefficiency *n* . 无（或低）效率：He was removed from office for inefficiency . 他因工作效率低下而被撤职。

阅读上面的短文，选择正确答案。

1 . According to the passage , Japan is facing a problem because many workers ____ .

- A . take days off because of disease
- B . work inefficiently
- C . fear their bosses
- D . do not want to leave work

2 . “Workaholism”is likely to happen when one ____ .

- A . has to do a very difficult job
- B . loves one's work too much
- C . works long hours in a place
- D . suffers a lot at work

3 . The passage tells that in Japan ____ .

- A . the boss is usually the last to leave the office
- B . the boss is usually the first to leave the office
- C . workers are usually the first to leave the office
- D . workers are the busiest just before going home

4 . The Japanese government is trying to get workers to ____ .

- A . work more efficiently
- B . work even harder
- C . work fewer hours
- D . stay away from the office

5 . Why do Japanese work longer hours than others ? Which following reasons are given ?

- a . They are driven by a fear of losing their jobs .
- b . They do not make good use of their working time .
- c . They simply love work and find enjoyment in work .
- d . They are inspired by their hard-working bosses .
- e . They want to keep up appearances before their bosses .
- f . They have to work long hours set by the government .
- g . They feel a need to keep up with development at work .

- A . a b d g
- B . b c e g
- C . a c d f
- D . c d e f

参考译文

日本有一个让其他国家羡慕不已的“问题”——他的劳动者工作太勤奋了。

专家说，解决日本劳动者所患的“工作狂”症确实相当困难，因为很多日本国民喜欢工作甚于其他任何事情。

上个月，日本政府通过了一项法案，将每周的工作时间由48小

时降到40小时，为的是让国民有更多离开工厂或办公室的业余时间。但要让平均工作时间降到规定的新水平，大概还需要很多年吧。

1995年，日本工人每年的平均工作时间为2168小时。但在英国，这个数字为1952小时，美国为1924小时，德国为1659小时，法国为1643小时。

多数日本工人长时间工作不仅仅因为乐于奉献或喜欢工作，并且因为心怀恐惧和效率低下。

很多人觉得，如果他们一周不工作，就会因脱离工作环境而落在同事之后，所以他们更愿意待在办公桌前。很多人还觉得在老板下班前离开是很糟糕的行为。所以在老板穿上夹克出门前，工人们都会在办公桌前装模作样，好像在认真工作。

Friday

题材：地理环境 词数：238 建议阅读时间：5分钟

At the bottom of the world lies a large continent still wrapped in the Ice Age and , unknown to man until recent times . It is a great landmass . Much of the continent is a complete blank on our maps . This landmass is called Antarctica . Man has explored , on foot less than one per cent of its area .

Antarctica is quite different from the Arctic regions . The Arctic is an ocean , covered with drifting ice and surrounded by the landmasses of Europe , Asia , and North America . The Antarctic is a continent almost as large as Europe and Australia that are put together and it is surrounded by continuous water areas of the

world—the Atlantic , the Pacific , and the Indian Ocean .

The continental ice sheet is more than two miles thick in its centre , thus , the air over the Antarctic is far colder than that over the Arctic regions . This cold air current from the land is so forceful that it makes the nearby seas the stormiest in the world and makes these areas unlivable . But at the opposite end of the globe , more than a million people live within 2 , 000 miles of the North Pole in an area that includes most of Alaska , Siberia , and Scandinavia—a region rich in forest and mining industries . On the contrary , within the same distance of the South Pole there is not a single tree , industry , or settlement , except some weather stations .

生词

landmass *n* . [术语] 地块 , 大陆块 : the Eurasian landmass 欧亚大陆

blank *n* . 空白 : My mind was a complete blank . 我的脑子一片空白。

forceful *adj* . 强劲的 , 强有力的 : He isn't forceful enough to make a good leader . 他不够强悍 , 当不好领导。

contrary *n* . 相反 , 反面 : I've never opposed it . The contrary is true ; I've always supported it . 我从来没有反对过。正好相反 , 我一直支持它。

settlement *n* . 小村落 , 小居民点 : a small settlement on the edge of the desert 沙漠边缘的一个小村落

阅读上面的短文，选择正确答案。

1 . The best title for this passage would be ____ .

- A . Iceland
- B . The Continents and Oceans
- C . The Still Unknown Continent
- D . The Ice Age

2 . At the time this article was written , our knowledge of Antarctica was ____ .

- A . very limited
- B . fairly rich
- C . enough for us to do research work
- D . none

3 . Antarctica is bordered by ____ .

- A . the Pacific Ocean
- B . the Indian Ocean
- C . the Atlantic Ocean
- D . all the three

4 . The Antarctic is made unliveable primarily by ____ .

- A . cold air
- B . calm seas
- C . ice
- D . weak knowledge about the continent

5 . According to this article , ____ .

- A . 2 , 000 people live on the Antarctic Continent
- B . a million people live within 2 , 000 miles of the South
- C . weather conditions within 2 , 000 miles of the South Pole make settlements impractical
- D . only a handful of natives live in Antarctica

参考译文

世界的底端藏着一个幅员辽阔的大陆，这个大陆仍然处在冰河时期，直到最近才为人们所知。这是一片广阔的大陆。其中的大部分地区在我们的地图上是完全空白的。它被称为南极洲。人类至今只徒步探索过这片土地不到百分之一的地方。

南极洲和北极地区是完全不同的。北极是一片汪洋，覆盖着浮冰，被欧洲大陆、亚洲大陆和北美洲大陆包围着。南极洲这片大陆的面积几乎等于欧洲和大洋洲的面积总和，而且还被地球上连续的水域——大西洋、太平洋和印度洋包围着。

这个大陆中心的冰层厚度超过两英里，因此，南极洲上空的空气比北极地区上空的空气要寒冷得多。从南极洲大陆吹来的寒流是如此强劲，以至于附近的海域成了地球上暴风雨最频繁的区域，而且不适宜生存。然而，在地球的另一端，超过100万的人类居住在距离北极点2000英里的区域内，包括阿拉斯加州的大部分地区、西伯利亚地区和有丰富森林资源和矿产资源的斯堪的纳维亚地区。相反，在距离南极点相同英里的地方，除了一些气象站外，连一个工业区、一个村落甚至一棵树都没有。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

ridiculous	cast	protest	publicity	domestic
assign				

() 1 . to make light or a shadow appear in a particular place

() 2 . very silly ; foolish

() 3 . giving information about something in order to attract people's attention

() 4 . to disagree strongly with something , often by making a formal statement or taking action in public

() 5 . to give something to somebody for him or her to use or do

() 6 . of or about the home and family

轻松一刻

幽默故事

Don : My dad can't decide whether to get a cow or a bicycle for his farm .

Peter : He'd certainly look funny riding a cow .

Don : Yeah , but he would look a lot funnier trying to milk a bicycle !

参考译文

唐：我爸爸还没有定下来是给他的农场买头奶牛，还是买辆自行车。

彼得：他要是骑上奶牛，样子肯定很滑稽。

唐：是的，可要是他想从自行车身上挤奶，那就更滑稽了！

第3周

(答案参见此处)

Monday

题材：名人轶事 词数：205 建议阅读时间：4分钟

It has been said that Lincoln was always ready to join in a laugh at himself . There is one particular story that he always told with great delight .

In his early days as a lawyer , Lincoln went from town to town to hear and judge legal cases . During one of these many trips , he was sitting in a train when a strange man came up to him . The stranger looked at the tall clumsy lawyer and said that he had something he believed belonged to Lincoln . Lincoln was a bit puzzled . He had never seen the man before . He didn't see how a total stranger could have something of his . Lincoln asked him how this could be . The stranger pulled out a pocket knife and began to explain . Many years before , he had been given the pocket knife . He had been told to keep it until he was able to find a man uglier than himself .

Lincoln's eyes always sparkled when he reached this part of the story . The story always brought smiles to the faces of those who heard it . The tale itself was funny . But even more delightful was the fact that a man as great as Lincoln could still laugh at himself .

生词

legal *adj.* 法律的 : A lawyer is employed on legal matters . 律师是受雇处理法律事务的人。

case *n.* 案件 ; 诉讼 : They settled the case out of court . 他们于庭外解决了这场官司。

clumsy *adj.* 笨拙的 , 不灵巧的 : He is clumsy at cricket . 他打板球时动作笨拙难看。

sparkle *v.* 闪烁 , 闪亮 : eyes sparkling with pleasure 闪烁着喜悦的眼睛

阅读上面的短文，选择正确答案。

1 . This passage is about ____ .

- A . a stranger and his knife
- B . Lincoln's favourite story
- C . meeting strangers on a train
- D . Lincoln's favourite pocket knife

2 . Lincoln was given the pocket knife for ____ .

- A . his appearance
- B . a good laugh
- C . being a lawyer
- D . being good-humoured

3 . From this story we know that the stranger in the train

____ .

- A . liked to make friends
- B . liked to tell jokes
- C . collected pocket knives
- D . was not a handsome man

4 . From this story we know that Lincoln ____ .

- A . was not a handsome man
- B . liked to make friends
- C . liked to see people smile
- D . always laughed at others

5 . Why did Lincoln particularly like to tell this story about the stranger and the knife ?

- A . Because the story showed himself in a favourable light .
- B . Because the story always brought smiles to his listeners .
- C . Because the story was a good joke at the expense of the strange man .
- D . Because the story was a good joke at his own expense .

参考译文

据说，林肯随时准备和别人一起笑话自己。他经常饶有兴趣地讲这么一个故事。

林肯年轻时当过律师，经常奔波于各地听取案情并做出判断。在多次的旅行过程中发生过这样一件事。他正坐在火车上，一个陌生人朝他走来。陌生人看着这位个子高挑、举止笨拙的律师说，他认为自己有一样东西是属于林肯的。林肯有些莫名其妙。他从未见过这个人，想不通一个完全陌生的人怎么可能有自己的东西。林肯

问他是怎么回事，那人掏出一把小折刀开始解释：许多年前，有人给了他这把小折刀，并让他一直保留着，直到找到比他更丑的人为止。

每当故事讲到这里，林肯总是两眼放光。听故事的人无不面露微笑。故事本身很有趣，但更有意思的是伟大如林肯这样的人还能自我解嘲。

Tuesday

题材：实验室的规则 词数：20 建议阅读时间：14分钟

Laboratory work is your chance to learn science firsthand . It can be fun but you must be careful to prevent injury . Listen closely when your teacher reads and explains the rules before your first lab lesson .

LABORATORY RULES	
Throughout the Lesson	· Do not enter the science lab without the teacher's permission . · No food or drinks are to be allowed in the science lab .
Before the Experiment	· Read all instructions carefully before every experiment . · Prepare all apparatus and arrange them so that you will not knock them over while doing the experiment .

During the Experiment	· If you are unsure of how to use any apparatus or how to operate , ask your teacher for help . · Never smell or taste chemicals unless your teacher gives permission .
After the Experiment	· Wash all apparatus after use and return them to the places where they were . · Throw waste materials in proper waste baskets .
First Aid	· Report all accidents to your Teacher immediately . · If you spill any chemicals onto your body or clothing , wash with plenty of water and report to your teacher .

生词

firsthand *adv.* 第一手得来地 ; 直接地 : I learned firsthand not to disagree . 我从亲身经历中明白 , 凡事不要轻易表示反对。

instruction *n.* 使用说明 : The model airplane came with clear instructions . 模型飞机有清楚的使用说明。

apparatus *n.* 器械 , 设备 : electric heating apparatus 电加热设备

阅读上面的短文，选择正确答案。

1 . Your teacher will probably tell you the rules above ____ the first lab lesson .

- A . before
- B . since
- C . during
- D . after

2 . Before every experiment , you should ____ .

- A . taste the chemicals first
- B . clean all the apparatus
- C . read all instructions carefully
- D . report all the accidents to the teacher

3 . When you are not sure how to use all apparatus , ____ .

- A . try them on your own
- B . read the rules carefully
- C . ask your teacher for help
- D . put them back

4 . It is clear that you can ____ .

- A . bring food into the lab
- B . enter the lab anytime
- C . smell chemicals as you like
- D . learn science directly in the lab

5 . If you get chemicals on the clothing , you can find ways to solve it in the part ____ .

A . Before the Experiment

B . First Aid

C . During the Experiment

D . After the Experiment

参考译文

实验室工作能为你提供最直接的学习科学的机会。这项工作很有趣，但你必须小心谨慎，避免受到伤害。在上第一堂实验课之前，老师会解读相关规则，你们一定要认真听讲。

实验室规则	
全过程	· 未经老师允许，不要进入科学实验室。
实验前	· 不许将食物及饮料带进科学实验室。
	· 每次实验前都要认真阅读说明。
实验中	· 准备好所有仪器，并使其各就各位，这样，做实验时你就不会碰倒它们了。
	· 如果你不确定如何使用或操作某件仪器，一定要向老师求助。
实验后	· 未经老师允许，绝不要闻、尝化学药品。
	· 使用完毕后，清洗所有的实验仪器，并将其放回原处。
急救	· 把用后废弃的化学物品投入相应的废品篮。
	· 所有意外事故均应立刻向老师报告。

· 任何化学药品，如果不小心将其
溅在身体或衣服上，请用大量清
水冲洗，并向老师报告。

Wednesday

题材：旅游经历 词数：271 建议阅读时间：5.5分钟

July 16th was a bad day for Mr . Arthur Johnson . In the morning , he set off from his home in Santa Barbara , California . It was the start of his summer holidays and he decided to visit friends at Las Vegas . Then he hoped to go fishing in Lake Mead , 40 km . from Las Vegas .

Johnson's troubles started while he was driving happily across the Mojave Desert . His car went wrong and he tried to repair it . Then , to make matters worse , his attempts to start the car drained the battery and left it useless . After Johnson had waited an hour in the hot sun , a Canadian driver , John Williams , stopped and tried to help him . When both men failed , Williams promised to telephone a workshop to ask it to send a truck to pull the car away and repair its fuel pump .

Johnson left the keys in his car and sat in the shade of a large tree . Soon he fell asleep . While he was sleeping , a repair truck arrived from San Pedro (the nearest town) and pulled his car away . Later on , Johnson woke up and thought that somebody had stolen his car . He started to walk back towards San Pedro but a police car stopped him to find out why he was walking in the

desert .

Johnson looked like a man wanted in Los Angeles for robbery , so the police detained him at San Pedro for the night . The next day , Johnson telephoned his friends in Los Angeles . They drove to San Pedro and made the police believe that Johnson was a harmless salesman , so they set him free .

生词

drain *v.* 流尽；喝光，耗尽：The long hike drained my strength . 长途跋涉耗尽了我的体力。

battery *n.* 电池：a solar battery一节太阳能电池/a battery-powered car一辆以电瓶为动力的汽车

detain *v.* 拘留：Police detained two suspects for questioning . 警察拘留了两名嫌疑犯进行讯问。

阅读上面的短文，选择正确答案。

1 . Johnson was happy when he was driving across the desert because ____ .

- A . he was going fishing at Los Angeles
- B . his holidays were just starting
- C . he was usually an unlucky man
- D . his friends were going to visit him

2 . Johnson's car went wrong ____ .

- A . after he had passed San Pedro

- B . before he left Santa Barbara
- C . when he was getting near the Mojave Desert
- D . not far from Los Angeles

3 . Which way did Williams go when he left Johnson ?

- A . He drove on to Las Vegas .
- B . He went back to Los Angeles .
- C . Perhaps he went to San Pedro .
- D . He continued his journey to Canada .

4 . How did Williams help Johnson ?

- A . He persuaded the police to set Johnson free .
- B . He failed to repair Johnson's car .
- C . He drove Johnson into San Pedro .
- D . He arranged to have Johnson's car repaired .

5 . Which of the following is true ?

- A . People were not allowed to walk in the desert .
- B . Johnson stayed in the police station for several days .
- C . Johnson was connected with a robbery that took place in California .
- D . Johnson's friends in Los Angeles were very helpful .

6 . Which is the best title of this passage ?

- A . A Bad Day for Arthur Johnson
- B . An Interesting Car
- C . A Pleasant Trip in the Desert
- D . A Well-planned Journey

参考译文

对于亚瑟·约翰逊先生来说，7月16日是一个糟糕的日子。这天早上，他从自己位于加利福尼亚州圣巴巴拉市的家中出发，开始自己的暑假。他决定到拉斯维加斯拜访朋友，而后再到距离拉斯维加斯40公里的米德湖垂钓。

在他愉快地穿行于莫哈韦沙漠时，麻烦悄然而至。他的汽车突然抛锚。他尽力修理，但糟糕的是，在他拼命启动汽车的时候耗尽了电池的电量，电池没用了。约翰逊只能在炎热的阳光下等待救援。一个小时后，一名叫约翰·威廉姆斯的加拿大司机停了下来，想要帮助他。但他们没有成功。威廉姆斯答应给一家修车铺打电话，让他们派拖车来拖走汽车，以修理坏掉的燃油泵。

约翰逊将车钥匙留在车里，然后到一棵大树的树荫下休息。他很快就进入了梦乡。在他睡着的时候，一辆修理车从圣佩德罗（距离最近的小镇）赶来将他的汽车拖走了。约翰逊醒来后，还以为什么人将自己的汽车偷走了。他开始返回，向圣佩德罗方向走去，但被一辆警车拦住。警察们想知道为什么他会在沙漠中行走。

约翰逊与一个洛杉矶市因抢劫而被通缉的通缉犯长得有些相像，所以当夜警察就将他扣留在圣佩德罗。第二天，约翰逊打电话给洛杉矶市的朋友。他们驱车来到圣佩德罗，并说服警察相信约翰逊是名无辜的商人，然后，他们才将他释放。

Thursday

题材：爱心传递

词数：291

建议阅读时间：6分钟

One day a man saw an old lady standing by her expensive car , clearly in need of help . So he stopped his old truck and got

out . Although he was smiling , the old lady was worried . Was he going to hurt her ? He didn't look safe .

The man could see that she was frightened , so in his friendliest voice he said , “I'm here to help you , madam . Why don't you wait in the car where it's warm ? By the way , my name is Bryan Anderson . ”Bryan quickly fixed the car and the lady thanked him . Then she asked how much she should pay him .

But Bryan wanted no money . He was just giving a hand to someone in trouble . This was normal for him . He said , “If you really want to repay me , next time you see someone in need , help them and think of me . ”

After saying goodbye , the lady continued down the road until she reached a small cafe where she decided to stop for something to eat . As the pretty waitress took her order , the lady noticed she was nearly eight months pregnant . Although the waitress looked tired she was very kind . As the lady was going to pay the \$10 bill she remembered Bryan's words .

She paid with a hundred-dollar-bill . But when the waitress returned with the change the lady was gone . On the table she saw a small note . There were tears in her eyes when she read it : “Somebody once helped me the way I'm helping you . If you want to pay me back , continue being kind to others . ”Under the note were nine more \$100 bills .

Was the old lady an angel ? The waitress was so excited that she called her husband to tell him the news“Bryan...Bryan Anderson my dear...you're not going to believe what just

happened...”

生词

give a hand 帮助（某人），助一臂之力：I have always been willing to give a hand to anyone who asked . 我一向乐于向那些要求帮忙的人助一臂之力。

pregnant adj. 怀孕的：She was pregnant with her second child . 她怀了第二个孩子。

阅读上面的短文，选择正确答案。

1 . When the lady saw Bryan , she was worried because she thought ____ .

- A . he may hurt her
- B . he wasn't going to stop
- C . he couldn't help her
- D . she didn't have enough money

2 . What can we learn about the old lady from the story ?

- A . She was never kind to others .
- B . She was usually quite careless .
- C . She was probably very rich .
- D . She was not a very good driver .

3 . The underlined expression“***giving a hand to***”in Paragraph 3 is closest in meaning to“ ____ ” .

- A . questioning

- B . helping
- C . hurting
- D . calling

4 . The underlined word “*it* ” in Paragraph 5 refers to “ ____ ” .

- A . the change
- B . the bill
- C . the note
- D . the order

参考译文

一天，一位男士看到一位上了年纪的女士站在她的高档车旁，显然需要帮助。因此他停下自己的旧卡车，走了出来。尽管他面带微笑，但那位女士还是很担心。他会伤害她吗？他看上去不让人放心。

男人看出了她的恐惧，便尽量用友好的语气说：“我是来帮你的，夫人。你为什么不在车里等呢？里面会暖和些。顺便介绍一下，我叫布赖恩·安德森。”布赖恩很快便修好了车。女士谢过他后，问应付他多少钱。

但布赖恩不图回报，他只是帮助一下有困难的人，这对他来说再正常不过。他说：“如果你真想报答我，下次看到有需要帮助的人时，你就伸出援手，并想起我就可以了。”

道别后，女士沿着马路继续前进，最后来到一家小餐馆，她决定停下来吃点东西。当漂亮的女服务员把她的菜单拿走时，她发现服务员怀孕快8个月了。尽管看上去很疲惫，但服务员依然很热心。当这位女士准备付10美元的账单时，她想起了布赖恩的话。

她付了一张100美元的钞票。当女服务员拿着找头回来时，她已走了。女服务员在桌上看到一张便条。阅读上面的内容时，她的眼里满含泪水：“有人曾经帮助过我，正如我现在帮助你一样。如果你想报答我，继续对别人表达友善吧。”便条下还有9张100美元的钞票。

这位女士是天使吗？女服务员兴奋地给丈夫打电话，告诉了他这件事。“布赖恩.....亲爱的布赖恩·安德森.....你是不会相信刚才发生的事情的.....”

Friday

题材：微生物 词数：196 建议阅读时间：4分钟

Look closely at your hands . Are they clean ? It doesn't matter how many times you wash your hands , tiny microbes still stay on them . But don't worry . Most microbes don't harm you .

Now scientists say the microbes on our hands could be used in a surprising way : fighting crime . According to a recent study , microbes as well as fingerprints could be used to identify the criminal .

Everyone has his own set of microbes on the hands . That is to say , if you and your best friend were able to see and compare all the microbes on your hands , your hands probably would look different . Some microbes only show up on your hands while others live only on your friend's hands .

When you work on a computer , you leave the microbes from your hands on the keyboard . The scientists can easily tell the

owner of the keyboard by looking at the microbes on it . Even if you don't leave your fingerprints behind , your microbes may give you away .

Noah Fierer , a scientist , says , “You can only clean a fingerprint , but you can't sterilize a surface just by wiping it off . ”He says that scientists have a lot more work to do before the microbe is used as a useful tool .

生词

fingerprint *n* . 指纹 : He must have fired the gun—his fingerprints are all over it . 他一定用过那把枪 , 上面满是他的指纹。

identify *v* . 识别 , 鉴定 ; 认出 : You can easily identify him by the scar on his face . 你可以从他脸上的疤轻易认出他来。

sterilize *v* . 杀菌 , 消毒 : Have the scissors been sterilized ? 剪刀消过毒吗 ?

阅读上面的短文 , 选择正确答案。

1 . According to the passage , ____ could be used to identify the criminal .

- A . fingerprints
- B . scientists' hands
- C . microbes
- D . fingerprints and microbes on people's hands

2 . Paragraph 3 tells us that ____ .

A . our hands look similar

B . the microbes will make the keyboard dirty

C . we should compare our hands often

D . we have our own sets of microbes

3 . When you work on a computer , the microbes ____ .

A . just stay on your hands

B . also stay on the keyboard

C . will do harm to you

D . will disappear

4 . From Noah Fierer we know that ____ .

A . fingerprints are no longer useful in fighting crime

B . microbes can't be found on everyone's hands

C . unlike microbes , fingerprints can be cleaned if people wipe them

D . the microbe is used as a useful tool

5 . Which is the best title of the passage ?

A . Microbes May Tell Who You Are

B . Scientists Say Everyone Has Microbes

C . Noah Fierer Does Research Into Microbes

D . Fingerprints Help Catch Criminals

参考译文

仔细看看你的双手，它们干净吗？无论你洗多少遍，都会有微生物停留在上面。但不必担心，大部分微生物不会对你造成伤害。

现在，科学家说，我们手上的微生物还有一项惊人的用途：打击犯罪。最近的一项研究表明，微生物和指纹一样，可以用来鉴别罪犯。

每个人手上都有一套独特的微生物系统。也就是说，如果你和你最好的朋友能够观察并比较一下两个人手上所有的微生物，你们的手就会显得大不相同。某些微生物只会在你的手上出现，而另一些只会存在于你朋友的手上。

用电脑工作时，你会把手上的微生物留在键盘上。科学家通过观察键盘上的微生物，可以轻易地判别出键盘的主人。即使没有留下指纹，手上的微生物也会把你出卖。

诺厄·菲勒是一名科学家，他说：“你只能擦去指纹，但无法擦去表面的细菌。”他还说，在微生物成为有用的工具前，科学家还有很多工作要做。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

sparkle	firsthand	apparatus	drain	pregnant
identify				

() 1 . to recognize or say who or what somebody or something is

() 2 . (used about a woman or female animal) having a

baby developing in her body

() 3 . to make somebody or something weaker , poorer , etc . by slowly using all the strength , money , etc . available

() 4 . to shine with many small points of light

() 5 . heard , seen or learnt directly , not from other people

() 6 . a set of tools , instruments or equipment used for doing a job

轻松一刻

幽默故事

A teacher was always so involved in the text being studied that he never looked up . He would call on a student for translation and explanation , and , without realizing it , he often chose the same student day after day . Out of respect , the student wouldn't point this out to him .

After being called on four days in a row , a student named Goldberg asked advice from his friends . The next day when the teacher said , “Goldberg , translate and explain , ”Goldberg replied , “Goldberg is absent today . ”

“All right , ”said the teacher . “You translate and explain . ”

参考译文

老师在讲课文时总是很投入，所以从不抬头看人。他会叫一个学生翻译并解释课文，但总是不自觉地连续几天点名叫同一个学生。出于礼貌，这名学生也不点破。

在连续4天被叫起后，一名叫戈德堡的学生向朋友讨教办法。第二天，当老师说：“戈德堡，请翻译并解释课文”，戈德堡答道，“他今天没来上课。”

“好吧，”老师说，“那就由你来翻译并解释。”

第4周

(答案参见此处)

Monday

题材：婚礼习俗 词数：185 建议阅读时间：3.5分钟

Weddings are important in every country , and there are different wedding customs in different countries . In western countries the bride's dress—her wedding dress—is very important . Some brides wear a new dress . 1

Some people believe the bride should wear something old , something new , something borrowed , something blue .

2 She may borrow something to wear from a friend—that will be something borrowed , and the ring on her finger may have a blue jewel in it or some of her clothes may be blue .

3 They wear the ring on the fourth finger of their left hands .

At the wedding , as soon as the man and the woman are married , their friends often throw rice or very small pieces of paper over them . 4 The bride often carries flowers , and after the wedding she throws them up in the air . People believe that the woman who catches the flowers is lucky enough . The bride and the groom , their friends and family then have a party . After that the bride and the groom go on holiday together .

This holiday is called “the honeymoon” .

生词

bride *n* . 新娘 : You may kiss the bride . 你可以吻新娘了。

groom *n* . (= bridegroom) 新郎

阅读上面的短文，将A ~ D四个句子填入文中空缺处，然后完成第5题。

A . She may wear an old ring and will usually have new shoes .

B . Many married people in western countries wear a ring to show that they are married .

C . Some brides wear the dress their mothers or even their grandmothers wore at their weddings .

D . They believe this will bring them good luck and that they will have many children .

5 . The passage mainly talks about ____ .

A . the bride's wedding dress

B . the flowers in the wedding party

C . the rings for the married people

D . the wedding customs in western countries

参考译文

无论在哪个国家，婚礼都很重要，但不同的国家婚礼习俗也不同。在西方国家，新娘的礼服——婚纱是非常重要的。有些新娘会穿新婚纱，而有些新娘会穿自己母亲甚至祖母结婚时所穿的婚纱。

有些人认为新娘的装扮应该包括部分旧的、部分新的、部分借来的、部分蓝色的。所以她可能会戴上祖传的戒指，穿上新鞋子。她也可能从朋友那里借来某样东西——这就满足了“借”的要求。她手指上的戒指可能会镶嵌一颗蓝宝石，或者她的某件衣服可能是蓝色的。

在西方国家，很多已婚人士都会戴上戒指，以表明已婚的身份。他们会将戒指戴在左手的无名指上。

婚礼上，一旦双方的结婚仪式完成，他们的朋友就会将大米或小纸片撒向他们。他们认为这会给新人带来好运和很多孩子。新娘会手捧鲜花，并在仪式结束后将其抛向天空。人们认为能够接住鲜花的女人是非常幸运的。随后，新娘、新郎、他们的朋友和家人会举行一场庆祝晚会。之后新娘和新郎会外出度假，这个假期就叫“蜜月”。

Tuesday

题材：新闻摘要

词数：217

建议阅读时间：4.5分钟

• Going to Disneyland is a dream vacation for kids . You may have been to the Disneyland in Hong Kong or in other places . Soon you will be able to enjoy a Disney Park in Shanghai . Shanghai Disneyland started building on April 8 , 2011 . There will be many Chinese elements in Shanghai Disneyland . It is different from the

others . There is a 10-kilometer-long river . It goes around the whole park . Shanghai Disneyland will cost 24 . 4 billion *yuan* to build . It will open in five year .

- In order to keep the road safe , European Commission says that buses and taxis can be fitted with“black boxes” . The black boxes can help police to find what happened after an accident .

- Some robots will soon be used to carry medical rubbish , pass food and give out medicine at a UK hospital . The newest technology is already in hospitals in Japan , the US and France .

- A village in eastern Germany doesn't have enough money to repair the holes in the road . So they sell the holes to the people in the village . Each hole is \$68 . The government will repair them with the money and put a message on top of each hole to remember the buyers . It's a funny idea . Most buyers just want to do some good things to the society . However , some TV stations and newspapers buy some holes just to make more money from advertising .

生词
commission <i>n</i> . 委员会 : a special parliamentary commission议会特别委员会 European Commission <i>n</i> . 欧盟委员会 , 简称欧委会 (欧盟为European Union)

阅读上面的短文 , 选择正确答案。

1 . Which of the following is true to Shanghai Disneyland ?

- A . A 20-kilometer-long river goes in the middle of the park .
- B . There will be many Chinese characters .
- C . It is the same as the others .
- D . It opened 5 years ago .

2 . In order to keep the road safe , European Commission wants to ____ .

- A . make buses and taxis go slowly
- B . fit buses and taxis with“black boxes”
- C . make the police find out what happened
- D . find out what“black boxes”can do

3 . The robots will ____ in a UK hospital .

- A . carry medical rubbish
- B . give out newspapers
- C . cook dinner
- D . water flowers

4 . TV stations and newspapers buy the holes because ____ .

- A . the roads have been broken badly
- B . they want to have their own holes
- C . they want to make more money
- D . the government doesn't have enough money

参考译文

• 对孩子们来说，去迪士尼乐园简直就是梦幻假期。也许你已经去过香港或其他地方的迪士尼，不过，你很快就可以去上海迪士尼乐园游玩了。上海迪士尼乐园于2011年4月8日开始动工，它将

包含很多中国元素，这是有别于其他地方的。乐园中有一条10公里长的河，环绕着整个公园。建造上海迪士尼乐园将耗资244亿元人民币，它将于5年后开放。

- 为了保障道路安全，欧盟委员会说公共汽车和出租车可以配备“黑匣子”。黑匣子能在事故发生后帮助警察找出发生了什么情况。

- 在英国的一家医院，一些机器人很快将被投入使用，承担起搬运医药垃圾、传递食物及分发药品的任务。这项最新科技已在日本、美国及法国投入使用。

- 德国东部的一个村庄没有足够的资金修复道路上的坑坑洼洼，因此他们把这些坑洼卖给了村民。每个售价68美元。政府将会用这些钱修复道路，并在每个坑洼的顶部写下文字纪念这些购买者。这是个很有趣的创意。大部分购买者只想为社会做点有益的事情。然而，有些电视台和报纸买下了其中的一些坑洼，它们只是为了赚取更多的广告费。

Wednesday

题材：环境与健康 词数：192 建议阅读时间：4分钟

Doctors have known for a long time that very loud noises can cause hearing damage or loss . The noise can be the sound of a jet airplane or machines in factories or loud music or other common sounds found at home and at work . A person only needs to hear the noise for a little more than one second to be affected .

An American scientist has found that using aspirin can increase the temporary hearing loss or damage from loud noises . He did an

experiment , using a number of men students at a university who all had normal hearing . He gave them different amounts of aspirin for different periods of time , then he tested their hearing ability . He found that the students who were given four grams of aspirin a day for two days suffered much greater temporary hearing loss than those who did not use aspirin . The hearing loss was about twice as great .

The scientist said millions of persons in the United States use much larger amounts of aspirin than were used in the study . He said these persons face a serious danger of suffering hearing loss from loud noises .

生词
temporary <i>adj</i> . 暂时的 , 临时的 : This is only a temporary solution to the problem . 这只是问题的一个临时解决方案。

阅读上面的短文 , 选择正确答案。

1 . Doctors have long known that ____ .

- A . one will become deaf when he hears a loud noise
- B . hearing damage or loss can be caused by sounds of all kinds
- C . one may lose his hearing when he hears a terrible loud noise
- D . common sounds at home are not harmful to the ear

2 . According to this passage , one conclusion you can draw is that aspirin ____ .

- A . should never be taken more than four grams daily
- B . can damage one's hearing when it is given more than four grams daily
- C . makes hearing damage from loud noises worse
- D . increases hearing loss by two times

3 . Millions of Americans are in danger of suffering hearing loss because they ____ .

- A . often take jet airplanes on trips
- B . like listening to loud music
- C . are drowned in loud noises at home and at work
- D . take too much aspirin

4 . The purpose of the experiment the American scientist did was to find out ____ .

- A . how much aspirin would affect a person's hearing
- B . how much aspirin should be given in the treatment of the patients with hearing damage from loud noises
- C . whether the person who had hearing damage should use aspirin
- D . whether aspirin would increase the temporary hearing damage from loud noises

参考译文

很久以前，医生们就知道巨大的噪声能造成听力受损或丧失。这些噪声包括喷气式飞机的引擎声、工厂的机器声、吵闹的音乐声以及生活和工作中的其他常见的声音。一个人听这些噪声的时间只要超过一秒，他的听力就会受到影响。

一位美国科学家发现，服用阿司匹林能够加重因噪声影响而造成的临时性听力丧失或损害。他做过一个实验，若干具有正常听力的大学生参与其中。他让实验者在不同的时间段内服用不同剂量的阿司匹林，然后测试他们的听力。他发现，那些在两天内每天服用4克阿司匹林的学生比没有服用阿司匹林的学生遭受了更严重的暂时性听力丧失。其程度在两倍左右。

科学家说，数百万美国人服用的阿司匹林比研究中所用的剂量多得多。所以，这些人在遇到大的噪声时，面临的丧失听力的危险要更加严重。

Thursday

题材：航路安全 词数：150 建议阅读时间：3分钟

Each year about four hundred icebergs survive the long journey from Greenland and the Baffin Bay and float into the warm waters off the coast of Newfoundland .

In April 1912 a big ship called Titanic struck one of these icebergs . It sank with a great loss of life . Shortly after , the Ice Patrol was founded to patrol the shipping route near Newfoundland during the iceberg season .

The patrol is carried out by one or two US Coast Guard boats . They show the position of every iceberg in the waters and the information is sent by radio to nearby ships . Fourteen nations pay the costs of the patrol service .

Icebergs begin to threaten shipping in March . It is in May that the patrol boats are busiest . During that month positions of about

130 icebergs must be shown and a map must be drawn for sailors .
By June the danger is over .

生词

patrol *n* . 巡逻 : All was quiet during his patrol . 他巡逻时周围寂静无声。

threaten *v* . 威胁 : The terrorists threatened to blow up the plane if their demands were not met . 恐怖分子扬言 , 如果他们提出的条件不予满足的话 , 他们就炸掉飞机。

阅读上面的短文 , 选择正确答案。

1 . The icebergs that reach the Newfoundland waters are dangerous because they ____ .

- A . are bigger than most icebergs
- B . are often in the shipping route
- C . may strike and sink ships
- D . both B and C

2 . The Titanic sank near ____ .

- A . Greenland
- B . the Baffin Bay
- C . Newfoundland
- D . Iceland

3 . The Ice Patrol was founded to ____ .

- A . keep icebergs out of the shipping routes

- B . warn ships of icebergs in their areas
- C . rescue ships that strike icebergs
- D . all of the above

4 . The costs of the patrol service are paid by ____ .

- A . the US Coast Guard
- B . Newfoundland
- C . a number of nations
- D . ships using the service

5 . These icebergs threaten shipping ____ .

- A . throughout the year
- B . about three months each year
- C . during the summer months
- D . during the winter months

参考译文

每年大约有四百多座冰山经过长途跋涉后仍得以幸存，从格陵兰岛经巴芬湾漂移到纽芬兰沿岸的温暖水域。

1912年4月的一天，一艘名为泰坦尼克号的巨轮和其中一座冰山相撞。它沉没了，同时带走了很多鲜活的生命。此后不久，一支冰情巡逻队成立了，它的职责是在冰山漂移的季节巡视纽芬兰附近的航线。

巡逻任务由一两艘美国海岸警卫队的船只来承担。他们需要探明该区域每一座冰山的位置，并将相关情报通过无线电波发送给邻近的船只。一共有14个国家为这项巡逻任务买单。

每年3月，冰山开始威胁过往船只。到了5月，则是巡逻任务最繁忙的季节。每到这个月份，大约130座冰山的位置必须在地图上标注出来，并分发给船员。到了6月，危险解除了。

Friday

题材：家庭生活 词数：358 建议阅读时间：7分钟

When I was very young , I had very romantic ideas about my future . First , I wanted to be a ballet dancer . I often imagined myself on the stage at Covent Garden Opera House , with the audience cheering at the end of the show , and huge bunches of flowers at my feet . But it was soon obvious that I was going to be too tall to be a ballerina . Then I thought I would like to be a florist , and work in a shop full of lovely flowers . However , when I left school I fell in love and got married ; I was happier than I could ever have been as a ballerina or florist .

Then , suddenly , it was all over . At the age of twenty-three I was a widow , and I had two little boys , aged three and one . I had not learned how to dance ; I had not learned to arrange flowers . The only thing I had ever learned was to look after a home . So I became a daily help , and now I go out to do housework . I am paid by the hour , and I manage to earn enough to keep the three of us .

The two boys start school at nine o'clock , so I get up at six every morning , and , very quietly , so as not to wake them . I clean the house . Then I prepare breakfast and I wake the children at a quarter to eight . We all eat together and then I walk with

them as far as the school , because there are several dangerous and busy streets to cross . I don't have to worry about them at midday , as they have lunch at school ; so I go to Mrs . X's house from nine till eleven , and then to Mrs . Y's until one o'clock . She gives me lunch , too . I work at Miss Z's flat from two to three-thirty every day , and then it is time for me to collect the boys from school and take them home . That is my life . It is not a very romantic one , but then I have learned that life is not usually romantic .

生词

romantic *adj.* 浪漫的 : May thinks it would be romantic to be an actress . 梅觉得 , 当名女演员是挺浪漫的。

ballet *n.* 芭蕾舞 : classical ballet 古典芭蕾 || **ballerina** *n.* (尤指古典芭蕾舞中首席) 芭蕾舞女演员

阅读上面的短文 , 选择正确答案。

1 . What was her married life like ?

- A . Quite happy , but she still wanted to be a ballerina or a florist .
- B . Very happy in every day .
- C . Very happy , although she worked as a daily help .
- D . Not very happy , because she hadn't expect to get married so young .

2 . What happened when she was twenty-three ?

- A . She became a daily help .

B . She had two little girls .

C . She learned how to look after a house .

D . She got married .

3 . She had to walk with her children to school because ____ .

A . she had to carry their lunch for them

B . she was afraid something might happen to her children on their way to school

C . she worked not very far from their school

D . it was a long way from her home to the school

4 . She had to work at least ____ .

A . seven hours and a half every day

B . six hours every day

C . eight hours every day

D . five hours and a half every day

5 . When her husband died , she had to ____ .

A . learn how to support her family

B . learn how to dance

C . arrange flowers

D . do housework at home

参考译文

在我很年轻的时候，关于未来有着很浪漫的想法。首先，我梦想着成为一名芭蕾舞演员。我经常想象自己在柯文特花园歌剧院表演，节目终了时，观众们报以欢呼并献上大把的鲜花。但很快我就知道，自己的个子太高，不能做芭蕾舞演员。后来，我又梦想成为

一名卖花人，整天在满是芬芳鲜花的店铺里工作。可毕业后，我坠入爱河，然后结了婚。那时，我觉得我比成为芭蕾舞演员或者卖花人更幸福。

但是，一夜之间，所有这一切都结束了。在我23岁的时候，我成了一名寡妇，还带着两个小男孩，一个3岁一个1岁。我从未学会跳舞，也不知道如何料理花店。我唯一学过的就是照顾家庭。所以我成了一名钟点工，而且现在就得开始做家务。他们按小时付给我工资，我努力赚到足够养活我们三个人的钱。

两个小家伙9点钟开始上课，所以我每天早上6点就得起床。我尽量轻手轻脚，以免惊醒他们。我将房间打扫干净，然后准备早餐。在8点差一刻的时候我将孩子们叫醒。一起用过早餐后，我将他们送到学校，因为去学校的路上要经过几个车流多、易出事的路口。中午的时候我不用担心他们，因为学校提供午餐。这样我可以在9点到11点间在X夫人家做家务；然后到Y夫人家，一直工作到下午1点，她会给我提供午餐。每天的两点到三点半我去Z小姐家。之后就到了接孩子们回家的时间了。这就是我的生活。它并不浪漫，但我已经明白生活并不总是那么浪漫。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

bride	commission	temporary	patrol	romantic
ballet				

() 1 . lasting for a short time

() 2 . moving regularly around a place in order to prevent trouble or crime

() 3 . a type of dancing used for telling a story , with complicated movements that need great skill and a lot of training

() 4 . making you have feeling of love and excitement

() 5 . a woman on the day of her wedding

() 6 . an official group of people who are asked to find out about something

轻松一刻

幽默故事

Andrew has just begun to read . He was riding in the car with his mother one day when he noticed a traffic sign . “Mom ! ”he shouted , “That sign said ‘Do not pass’—and you just passed it ! ”

参考译文

安德鲁刚开始认字。一天，他正坐在妈妈驾驶的车里，突然注意到外面有一个交通标志。“妈妈！”他喊道，“那个标志上写着‘不许超过’——而你刚刚超过了它！”（原意为“不许超车”。）

第5周

(答案参见此处)

Monday

题材：奇闻轶事 词数：189 建议阅读时间：4分钟

Robert Edwards was blinded in a car accident nine years ago . He was also partly deaf because of old age . Last week , he was strolling near his home when a thunderstorm came near . He took refuge under a tree and was struck by lightning . He was knocked to the ground and woke up some 20 minutes later , lying face down in water below the tree .

He went into the house and lay down in bed , still half asleep . A short time later , he awoke ; his legs were unable to feel anything and he was trembling , but , when he opened his eyes , he could see the clock across the room in front of him . When his wife entered , he saw her for the first time in nine years .

Doctors are sure that he has regained his sight and hearing apparently from the flash of lightning , but they are unable to explain the reason . The only possible explanation offered by one doctor was that , since Edwards lost his sight as a result of the shock in a terrible accident , perhaps the only way it could be restored was by another shock .

生词

blind *v.* 使失明：The soldier was blinded in the explosion . 这名士兵在爆炸中被炸瞎了眼睛。

stroll *v.* 散步，闲逛：They strolled off hand-in-hand . 他们手挽手散步去了。

take refuge 避难，躲避：They took refuge under the bed . 他们躲到床底下去了。

apparently *adv.* 明显地：Apparently she never got my letter after all . 显然她根本没有收到我的信。

阅读上面的短文，选择正确答案。

1 . What caused Robert Edwards's blindness ?

- A . He was struck by lightning .
- B . He was very old .
- C . He had a car accident .
- D . He fell down in his yard .

2 . What was the first thing that he saw after being struck by lightning ?

- A . His wife .
- B . A tree .
- C . A clock .
- D . Lightning .

3 . Which of the following statements is NOT true ?

- A . Edwards had been blind for nine years .
- B . Edwards was unconscious for twenty minutes after the

lightning had struck him .

C . Doctors believe that Edwards was never really blind or deaf .

D . Edwards awoke with his face in a small pool of water on the ground .

4 . What was Edwards doing when he was struck by lightning ?

A . Hiding from the storm under a tree .

B . Climbing a tree .

C . Driving a car .

D . Lying on the ground .

5 . What was the reason given by one doctor that Edwards regained his sight ?

A . He regained his sight from a head injury when he fell from a tree .

B . He was happy after his wife entered his room for the first time in nine years .

C . The lightning took the feeling from his legs and gave feeling in his eyes .

D . Because the blow that blinded him was very heavy , it took another very heavy blow to restore his sight .

参考译文

9年前，罗伯特·爱德华兹在一次车祸中丧失了视力。由于年纪太大，他也丧失了部分听力。上个星期，当雷雨突然来袭时，他正在自家附近散步。他到树下躲雨，不幸被闪电击中。他被击倒在

地，脸部朝下，倒在树下的积水中，昏迷了大约20分钟后才醒来。

他迷迷糊糊地走进屋子，躺到床上。过了一会儿，他醒了过来，双腿没有知觉，身体抖个不停。但当他睁开眼睛时，竟然看到了挂在对面墙上的时钟。而当妻子进来时，他9年来第一次看到了她。

医生们确信，他显然是因为闪电而重获视力和听力的，但他们无法解释其中的原因。一位医生说，最可能的解释是：爱德华兹在那次可怕的车祸中因受到冲击而丧失了视力，也许重获视力的唯一办法是让他再受一次。

Tuesday

题材：战争轶事 词数：276 建议阅读时间：5.5分钟

Night had come . There had been a big battle that day , and our army had taken the enemy's front line and then advanced half a mile beyond it . We were now in a trench which the enemy had dug as a last line of defence , and we could hear them digging themselves a new trench from which to face us in the morning . They dug in the stony soil all night , and by the morning we could see only the tops of their caps and their spades as they threw the earth out .

In our trench , several of our soldiers spent the time after daylight had come shooting at the enemy's caps and spades to see if they could hit any of them .

One of the enemy soldiers , who seemed to be a sportsman , joined in our game . He would suddenly put his spade up , keep it

there for a few seconds to see whether one of us could hit it , and then pull it down quickly again . Next time he would put it up in rather a different place . A number of our soldiers shot at it whenever it came up , but none of them seemed to succeed in hitting it .

Then there came a time when the spade remained down for much longer than usual . We thought that the soldier might have been stopped from playing this game by an officer , or that he might have gone off for a meal or something . But just when we thought that we would not see his spade again , it came up once more , for the last time—very slowly , and with a bandage tied around it .

生词

trench *n* . 战壕 , 壕沟 : dig a chest-high trench 挖一条齐胸深的壕沟

bandage *n* . 绷带 : A young nurse fastened the bandage on my left eye . 一位年轻护士给我的左眼包上绷带。

阅读上面的短文 , 回答问题。

1 . What was there on the day that this story deals with ?

2 . What happened to the army ?

3 . Where were the men in the army then ?

4 . What were the enemy doing ?

5 . How did several of the soldiers spend the time ?

6 . Who joined in the game ?

7 . How did the spade come up once more ?

参考译文

夜幕降临了。经过白天激烈的战斗，我们的军队占领了敌方的前沿阵地，又往前推进了半英里。那时，我们正待在敌人挖好的作为最后防线的战壕里，还能听到敌人在挖新的战壕，以便明晨和我们对峙。他们整夜都在挖满是石头的壕土。到了次日早晨，我们只能看见他们军帽的顶部和向外扔土时露出的铁铲了。

在我们的壕沟里，有几个士兵为了打发白天的时间，开始朝敌方的军帽和铁铲射击，看是否能打中几个敌兵。

有一名敌兵似乎做过运动员，他也加入了我们的游戏。他会突然竖起铁铲，就那样举几秒钟，看我方是否有人能击中，然后再迅速收回。下一次，他又在完全不同的位置竖起铁铲。我方有几名士

兵一看见铁铲露头，就朝它射击，但似乎没人击中。

后来有一次，铁铲收回去后，待在下面的时间比往常要长得多。我们想也许那位士兵被军官制止，不再玩这种游戏了，也许因为他要吃饭或别的什么事走开了。就在我们以为再也见不到那把铁铲时，它又一次冒了出来，但这是最后一次——它慢慢地升起来，上面还缠了一条绷带。

Wednesday

题材：空难营救 词数：271 建议阅读时间：5.5分钟

Captain Joseph Mackey's airplane was flying over the ocean on its way to Great Britain when engine trouble started . He turned back and made a crash-landing at night in the deep snow of Newfoundland . All the men in the plane were killed except Captain Mackey who was badly hurt .

Captain Mackey waited all the next morning for an airplane to come in search of him . In the afternoon he set out to find help . He went about a mile but found that he was too weak to go on through the snow . Half walking and half crawling , he made his way back to the plane .

The second day many planes passed above him , but none of the pilots saw him . In his plane was a flask of *aluminum* (铝) powder . He poured this on a huge stone to make the stone shine , but the wind blew it off .

The third day Captain Mackey heard a plane coming nearer , flying very low . It flew right over him and passed on . Then he

gave up hope of being found . In a few minutes the plane returned , and the pilot dipped one wing to get a clearer view . He had seen the aluminum powder blown by the wind on the snow .

The pilot came for a better look , and then he saw Captain Mackey waving his arms . Jim Allison , the pilot , was an old friend . Allison quickly climbed higher and sent a radio message . In a short time a plane came and dropped a sleeping bag , food , medicine and tools for Captain Mackey . Later two men arrived with a sled to rescue him .

生词

crawl *v* . 爬 : The chick crawled off to the outside of the fence . 小鸡钻到篱笆外面去了。

flask *n* . 瓶 , 长颈瓶 : a flask of whiskey 一瓶威士忌

powder *n* . 粉末 : baby powder 婴儿爽身粉 / curry powder 咖喱粉

dip *v* . 浸 , 泡 , 蘸 ; 使轻轻落下 , 使稍微降低 : Dip your head under the low arch . 过矮拱门时把头低下。

sled *n* . 雪橇 : In Russia most people travel in sleds . 在俄罗斯大多数人乘坐雪橇旅行。

阅读上面的短文 , 选择正确答案。

1 . When Captain Joseph Mackey's airplane was flying over the ocean on its way to England , suddenly ____ .

- A . something was wrong with the plane's engine
- B . Captain Joseph Mackey's wrong started
- C . Joseph Mackey made a crash-landing
- D . Joseph Mackey turned back

2 . Captain Joseph Mackey is the only man ____ .

- A . that was badly hurt in the plane
- B . that was not hurt in the plane
- C . that was alive in the plane
- D . that was in the plane

3 . Captain Mackey did not go on through the snow ____ .

- A . because he wanted to wait for help
- B . because he was too weak
- C . because many planes passed above him
- D . because he wanted to pour aluminum powder on a huge stone

4 . Captain Mackey poured aluminum powder on a huge stone in order to ____ .

- A . make himself found by the plane
- B . let the wind blow it off
- C . let his old friend find him
- D . make the plane that came in search of him fly slowly

5 . Which of the following is NOT true ?

- A . Captain Joseph Mackey could not go on through the snow because he had nothing to eat .
- B . In the second day Captain Joseph Mackey was not found .

- C . In the third day a plane found Captain Mackey .
D . Finally Captain Mackey was saved by two men .

参考译文

当引擎发生故障时，机长约瑟夫·麦基驾驶的飞机正位于海洋上空飞往英国的途中。他驾机折返，于夜间强行降落在纽芬兰厚厚的雪地上。除麦基机长严重受伤外，其他所有人员全部遇难。

之后那天，麦基机长等了整整一上午都没有等到搜救的飞机。下午，他动身寻找援助。步行约一英里后，他发现自己的身体十分虚弱，不能继续穿越雪地。于是，他半走半爬、艰难地返回了飞机坠毁处。

第二天，很多飞机从麦基头上飞过，但飞行员都没有注意到他。他的飞机上有一瓶铝粉，于是他将铝粉倒在一块大石头上，这样就能使石头闪光以引起他们的注意。不料风却将铝粉吹散了。

第三天，麦基机长听到一架低空飞行的飞机正在向他接近，但飞机径直从他头上越过。他放弃了被发现希望。几分钟后，这架飞机又飞了回来，飞行员下调了一只机翼以便获取更清晰的视野。他看到了被风吹到雪地上的铝粉。

为了看得更清晰，飞行员再次折返。这时，他看到了麦基机长正向他挥舞手臂。这名叫吉姆·艾利森的飞行员是麦基的老朋友。艾利森迅速攀升并发出电报。不一会儿，一架飞机飞了过来，为他投下睡袋、食物、药品和工具。此后，两名救援人员乘着雪橇来营救麦基。

Thursday

题材：个人生活

词数：350

建议阅读时间：7分钟

Well , it was interesting for the first year or so , as far as seeing the country is concerned . But I've been driving a lorry for fifteen years now , and I know all the main roads like the back of my hand . It's nearly always the same route , you know . I take the stuff from the factory to the docks , and that means either Liverpool or Hull . Sometimes I go down to London or Southampton , but not often .

You ought to hear my old woman grumble ! She says I'm never at home . Still , perhaps she'd grumble even more if I was always at home . And we need the money with three kids to bring up . There's one good thing about it , though . We're never together long enough to have a serious quarrel .

Yes , it's a lonely life , and my firm doesn't allow me to pick up hitch-hikers , so I can never offer anyone a lift . I have a radio in the driving cab , and I listen a lot—in fact , it's always on . I like Radio Forum because there's a lot of talking in those programmes . I don't always listen to what they say , but the voices are better company than music . And then I often meet old friends when I stop at a transport cafe for a cup of tea or a meal . You get to know the different lorries and who you can expect to find at different times . I sing to myself when I feel like it , and if I feel tired , I pull into a lay-by for a rest , because it's dangerous to drive when you are sleepy .

Every now and then I have to stop and check the load . I'm interested in the countryside , and I like to see what the farmers are doing with their crops . I would have liked to be a farmer , but I

was born in an industrial city . It's not a bad life , on the whole , though fog and icy roads make things rather difficult in the winter . I shan't think of changing my job , unless I win the football pools .

生词

grumble *v* . 抱怨 : They grumbled that the decision was not fair . 他们抱怨说 , 这个决定不公平。

lay-by *n* . 路边停车带 : Pull into the next lay-by . 在下一个路边停车带停车。

pool *n* . 普尔 (一种博彩方法 , 把赌注压在足球等比赛的结果上)

阅读上面的短文 , 选择正确答案。

1 . What does the lorry driver think about his job ?

A . He thinks it is very interesting .

B . He likes it because it allows him to travel around the country .

C . He has got rather tired of it .

D . He finds it very difficult and dangerous .

2 . What do you know about the relationship between the lorry driver and his wife ?

A . They grumble at each other .

B . They are very much in love with each other .

C . They miss each other very much when they are not

together .

D . If they are together long , they get on each other's nerves .

3 . The lorry driver sings to himself when ____ .

A . he is not very well

B . he wants to

C . he is happy

D . he is sad

4 . Liverpool and Hull are both ____ .

A . towns

B . countries

C . ports

D . provinces

5 . The lorry driver likes Radio Forum because ____ .

A . there's a lot of music in the programmes

B . there are a lot of folk songs in the programmes

C . he finds a better company in the talking in the programmes

D . he likes to listen to the radio talks

6 . The underlined word "**lay-by**" means ____ .

A . a space next to a road

B . a room next to the garage

C . a seat next to the table

D . a building next to the garage

确实，就乡村的景色而言，它的魅力仅限于一年左右。但至今我已开了15年的货车，我就像了解我的手背一样了解这一带的每一条主干道。你知道，每次我都是走几乎一样的路线，将货物从工厂运到码头——不是利物浦就是赫尔。有时我也去伦敦或南安普顿，但并不常去。

你应该听到过我老婆的抱怨！她抱怨我从来都不着家。但是，如果我每天都回家，她或许抱怨得更厉害。因为我们需要钱养活三个孩子。但这样也有好处，那就是我们从来没有足够的时间去认真地吵一架。

是的，这种生活确实比较乏味。但公司不允许捎带搭便车者，所以我从来没有让别人蹭过车。驾驶室里有一台收音机，我经常听广播——事实上，它一直开着。我喜欢听“空中论坛”，因为在这样的节目里有很多人参与讨论。我并不在意他们说些什么，但这些声音确实是比音乐更好的旅伴。在我停车到货运餐馆吃饭或喝茶的时候，经常会遇到老朋友。在不同的时期，我还能见识到各种货车和想要见到的某个人。有时，在我兴致来了的时候，我会唱歌自娱自乐。如果我觉得累了，就到路边停车处休息一下，因为疲劳驾驶是非常危险的。

我必须经常停车检查货物。我对乡村很感兴趣，我想弄明白农民们是如何侍弄庄稼的。我曾经想做农民，但我却出生在一个工业城市里。总体来说，这种生活并不坏，虽然冬季的浓雾和结冰的路面让开车变得相当困难。我想我不会换工作的，除非哪一天我的足球彩票中了奖。

Friday

题材：组织机构

词数：181

建议阅读时间：3.5分钟

You might think the largest library in the world would be in Europe . But it isn't . It's in Washington , D . C . It's called the Library of Congress .

President John Adams started the library in 1800 for members of Congress . He wanted them to be able to read books about law . The first 740 books were bought in England . They were simply set up in the room , where Congress met . Then Thomas Jefferson sold Congress many of his own books . He felt Congress should have books on all subjects , not just on law . This idea changed the library for good .

The library grew and grew . Now it covers acres of land . It contains 20 million books as well as scores of pictures , movies , globes and machines . Experts in every field work here . Hundreds of people call every day with all kinds of questions . Many of them get answers right over the phone .

The library is a large storehouse . Thomas Edison's first movie and Houdini's magic books reside there . And it is the proud owner of the world's best collection of comic books .

生词

globe *n* . 地球仪 : We use a globe in our geography lessons . 我们在地理课上使用地球仪。

reside *v* . 居住 , 存在于 : He purchased the land several years ago and now resides upon it . 几年前他买了这块地 , 现在就居住在那里。

阅读上面的短文，选择正确答案。

1 . From the passage we know that the Library of Congress has kept ____ .

- A . the earliest books on law in the world
- B . only 740 books on law
- C . the books on law for more than two hundred years
- D . most books on law in the world

2 . “*This idea changed the library for good* ”means that the library ____ .

- A . changed forever
- B . turned helpful
- C . could be made full use of
- D . became a large storehouse

3 . Today the Library of Congress is open to ____ .

- A . the members of Congress
- B . the public
- C . experts in every field
- D . children who like comic books

4 . The Library of Congress is famous for its ____ .

- A . collection
- B . founder
- C . location
- D . librarians

参考译文

你可能以为世界上最大的图书馆在欧洲。其实这是错的。最大的图书馆坐落于华盛顿市，它的名字叫美国国会图书馆。

这座图书馆是约翰·亚当斯总统于1800年为国会议员建立的。总统希望议员们可以在这里研读有关法律的书藉。第一批740本书购于英国，它们被简单地安置在议员们经常会面的房间里。后来，托马斯·杰斐逊总统将自己藏书的一大一部分卖给了国会。他认为国会应该拥有各个领域的书藉，而不仅限于法律。这个想法对国会图书馆具有非常深远的影响。

此后，该图书馆越来越壮大。现在，它占地数英亩，不仅藏有两千万册图书，同时还保存了大量的绘画、电影、地球仪和机械设备等。各个领域的专家都可以在这里查阅资料。每天，成百上千的人致电咨询各方面的问题，其中的很多问题在电话里就能得到解决。

美国国会图书馆就像一个巨大的仓库。托马斯·爱迪生的第一部电影和霍迪尼的魔术手册都被收藏其中。它还被冠以世界最佳连环画藏馆的美名。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

blind	stroll	bandage	flask	dip	grumble
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() 1 . to lower something into a liquid for a moment before taking it back out again

() 2 . a small flat bottle that fits in your pocket , used especially for carrying alcohol

() 3 . to damage someone's eyes so that they are unable to see again

() 4 . to complain , especially continuously and about unimportant things

() 5 . to walk without hurrying , often for pleasure

() 6 . a long thin piece of cloth that you wrap around an injured part of your body

轻松一刻

幽默故事

The boss found a boy in the stock room just standing around doing nothing . “How much do you get paid a week ? ”he asked the boy . The boy replied , “Twenty dollars . ”Taking a twenty-dollar bill out of his wallet , the boss gave it to the boy and said , “Here , take this . Now get out of here and don't come back . ”As the boy walked out the door , the boss said to the manager , “How long has that lazy kid been working for us ? ”“He doesn't work for us , ”replied the manager . “He just delivered a package . ”

参考译文

老板发现库房里站着个男孩无所事事。“你一周拿多少工资？”他

问男孩。“20美元。”男孩答道。老板从口袋里掏出一张20美元的纸币，递给他说：“拿着。现在就从这里滚出去，永远不要回来。”男孩出门后，老板问经理：“那个懒小子在我们这里工作多久了？”经理答道：“他不为我们工作，他只是来送包裹的。”

第6周

(答案参见此处)

Monday

题材：野外趣事 词数：341 建议阅读时间：7分钟

We were standing on the bridge , trying to catch some fish for supper when a small red plane flew almost directly above our heads . We could even see the pilot's face . “What on earth is he up to ? ”I asked . I felt rather angry .

“I think he's in trouble , ”Jack said . “His engine is making a strange noise . ”

“Well , we can't do anything , can we ? ”I said . “We can't even phone from here . ”We were on a boating holiday and we were miles from the nearest town .

“We can follow the plane down the river , ”Jack said . “Come on ! Let's go ! ”I must admit I liked the idea . There weren't many fish in that part of the river and I was bored . We dropped our fishing lines and ran towards our boat . It lay under some bushes about a hundred yards down the river . Luckily the engine started almost at once and soon we were roaring down the river .

“But can the pilot land here ? ”I asked Jack . He came to this part of the country for a holiday almost every year and he knew the area well .

“There's a lake about fifteen miles down the river ,” Jack said . “If the pilot really is in trouble , he'll probably try to land there . ”

The river was already becoming wider . We went round a bend and there was the lake in front of us .

“Can you see anything ? ” Jack asked .

I looked across the lake . “No , absolutely nothing , ” I replied . “Wait a minute , though . There's something in the water , near that island in the middle . ” It was the small red plane !

We raced across the lake . By the time we reached the island , the pilot—a very young woman !—was sitting on top of the plane .

“Hi ! ” she called out to us . “Thanks for coming to help me . I'm sorry I disturbed you while you were fishing . Anyway , would you like some fish for supper ? ”

She reached into the plane and pulled out a large fish . “There's plenty more in here ! ” she said , laughing .

生词

absolutely *adv* . 完全地 , 绝对地 : It's absolutely impossible . 那是绝对不可能的。

disturb *v* . 打扰 : Do not disturb the baby ; he is asleep . 别打扰小宝宝 , 他睡着了。

阅读上面的短文，选择正确答案。

1 . Why was it that the children knew the way to the plane ?

- A . Because they knew all the types of planes .
- B . Because they lived in the area .
- C . Because one of the boys knew the countryside well .
- D . Because they knew the pilot of the plane .

2 . Decide which is the correct order according to the passage .

- a . The engine was making a strange noise .
- b . Jack and his friend found the plane in the middle of the lake .
- c . Jack and his friend were fishing .
- d . The pilot was safe .
- e . Jack and his friend went down the river in their boat .
- f . Jack and his friend decided to follow the plane .
- g . Jack and his friend came to a lake .
- h . A plane flew over their heads .

- A . c h a f e g b d
- B . g h f a b c d e
- C . a c f g e h d b
- D . e c h a f g b d

3 . Which statement is most true ?

- A . Jack's friend was a boy .
- B . The children swam to the island .
- C . The children saw something was wrong .
- D . The plane could float .

4 . The pilot spoke ____ after her experience .

- A . softly
- B . coldly
- C . angrily
- D . loudly

5 . From the passage we could conclude that ____ .

- A . the children enjoyed their fishing and were in the end successful
- B . the children bought some fish for supper
- C . the children brought home some fish for supper
- D . fishing is not so interesting as most people think

参考译文

我们正站在桥上钓鱼，希望在晚餐的时候能享用到几尾。突然，一架红色的小飞机几乎是从我们头顶的正上方掠过，我们甚至能看到飞行员的面孔。“这家伙到底要做什么？”我问，心里非常恼火。

“我想他是遇到了麻烦，”杰克说，“他的引擎声音很不正常。”

“好吧，但我们好像帮不了他，对吧？”我说。“在这里，我们甚

至无法打电话。”此刻我们正在进行一次假期泛舟，离最近的市镇也有数英里远。

“我们可以跟着飞机顺流而下，”杰克说，“快点！现在就出发！”我必须承认自己很赞同这个主意。说实话，这段河没有多少鱼，我已经有些昏昏欲睡了。我们收起钓线，向我们的船跑去，它就停在下游离这约一百码的灌木丛之下。我们很幸运，引擎几乎立刻启动，我们很快就呼啸着顺流而下了。

“那个飞行员会降落在这儿吗？”我问杰克。因为他几乎每年都来这里度假，对该区域很熟悉。

“在下游大约15英里的地方有一片湖泊，”杰克说，“如果飞行员真的遇到麻烦，很可能在那里降落。”

河道正逐渐变宽。我们转过一个弯后，一片湖水赫然出现在眼前。

“看到什么了吗？”杰克问。

我环顾着湖面。“没有，绝对没有，”我答道，“稍等一下。湖心岛旁的水中好像有什么东西。”正是那架红色的小飞机。

我们向湖中央飞驰而去。到达小岛的时候，我们看清了那个飞行员——一位非常年轻的女士！——正坐在飞机顶上。

“你好！”她冲我们喊，“非常感谢你们前来帮忙。很抱歉打搅了你们钓鱼。但不管怎样，你们想要一些鱼做晚餐吗？”

她伸手从飞机中拉出一尾大鱼来。“这里的鱼真不少！”她笑着说道。

Tuesday

题材：动物习性

词数：173

建议阅读时间：3.5分钟

All warm-blooded animals are very helpless at first . Young birds and young bats must be taught to fly . Thousands of young seals (a warm-blooded , sea-living animal) die every year . They never learn to swim “naturally” . The mother has to take them out under her arm and show them how . Birds sing without being taught ; however , they do not sing well unless they are able to hear older members of their family . Older harvest mice build better nests than beginners . The young elephant does not seem to know at first what his trunk is for . It gets in his way and it seems to have no use and to be a bad thing until his parents show him what to do with it .

Insects seem to start life with necessary knowledge , but they seem to improve their skills with practice . Young spiders , for example , begin by making quite simple little webs . They improve their art only after much time . Older spiders , if they lose the ability to make webs , will start to hunt instead .

生词

nest *n* . 巢 , 穴 , 窝 : Squirrels and wasps have nests . 松鼠和黄蜂有窝。

web *n* . 网 : Why doesn't a spider get stuck in its own web ? 为什么蜘蛛不会粘到它自己的网上 ?

阅读上面的短文，选择正确答案。

1 . The author shows that animals ____ .

- A . know what to do because they have to
- B . are controlled by what they learn from their parents
- C . often reject their parents
- D . often learn what to do from their parents

2 . Which of the following sentences shows that animals and insects can change their behaviour to get used to a new situation ?

- A . Birds sing without being taught .
- B . The trunk has no use to a young elephant . It gets in his way and is a bad thing until his parents show him what to do with it .
- C . Older spiders , if they lose the ability to make webs , will start to hunt instead .
- D . Insects seem to start life with necessary knowledge , but they seem to improve their skills with practice .

3 . Young seals can ____ .

- A . not survive in the sea without their mother's help
- B . learn swimming by themselves
- C . swim naturally at first
- D . decide when to learn to swim

参考译文

所有的温血动物幼年时都不能自立。年幼的小鸟和蝙蝠必须经过学习才能飞行。每年都有成千上万只小海豹（一种生活在海洋中

的温血动物)不幸夭折。它们从来不会“出于本能”自觉地学习游泳。海豹妈妈不得不带它们出去,教它们如何游泳。鸟类不需要学习就会唱歌,但如果它们没有听过家族中成年个体的

歌声,它们的歌声就不会那么动听。成年禾鼠筑的巢远比初学者要好。小象一开始好像搞不明白自己的鼻子有什么用。鼻子挡在前进的路上,不但无用,似乎还是个累赘。直到父母教它们如何使用自己的鼻子,它们才能明白。

昆虫似乎天生具有必要的生活本领,但也需要通过实践才能提高自己的技巧。比如,幼小的蜘蛛开始只会织极小而简陋的网。经过大量实践后,它的技能才变得炉火纯青。年长的蜘蛛如果丧失了织网的能力,就会转而开始直接捕捉猎物。

Wednesday

题材: 计时方法 词数: 276 建议阅读时间: 5.5分钟

How could we tell time if there were no watches or clocks anywhere in the world?

The sun was probably the world's first“clock”, except in the far north, where the Inuit live. There, it's dark most of the winter, and light most of the summer. But in most of the world, people have used the sun for a clock. Even today, if you don't have a clock, you still know that when the sun shines, it's day, and when it's dark, it's night. The sun can also tell you if it's morning, noon, or afternoon.

People who live near the sea can tell time from the tides. In the daytime, for about six hours, the water rises higher and higher

on the beach . And then it goes down and down for about six hours . The same thing happens again at night . There are two high tides and two low tides every 24 hours .

Seamen on a ship learn how to tell time by looking at the moon and the stars . The whole sky is their clock .

In some places in the world the wind comes up at about the same time every day or changes direction or stops blowing . In these places the wind can be the clock .



A sand clock is an even better clock . If you had fine dry sand in a glass shaped like the one in the picture , you would have what is called an hourglass . The sand in the hourglass goes from the top part to the bottom part in exactly one hour . When the hourglass is turned over , the sand will take another hour to go back again .

阅读上面的短文，选择正确答案。

1 . According to the passage , there are ____ ways to tell time besides the clock and watch .

A . 3

B . 4

C . 5

D . 7

2 . The Inuit in the far north can't use the sun for a clock because ____ .

A . they know very little about the sun

B . the sun there never goes down in winter

C . it's too cold for them to go out to watch the sun

D . it has long dark winters and long light summers

3 . The underlined word "**tides**" in the passage means ____ .

A . 洋流

B . 潮汐

C . 海啸

D . 波浪

4 . In which page of a newspaper can you most probably read this passage ?

A . News .

B . Science .

C . Business .

D . Advertisement .

5 . What's the best title for the passage ?

A . Different Ways to Tell Time

B . Useful Machines to Tell Time

C . The History of the Clock

D . The Development of the Clock

参考译文

如果世上没有钟表，那我们靠什么来判断时间呢？

太阳很可能是世界上第一台“时钟”，但住在遥远北方的因纽特人除外。在那里，冬天的大多数时间是黑夜，夏天的大多数时间是白天。但在世界其他地方，人们都曾利用太阳来判断时间。即使在今天，人们不用时钟也能知道烈日当头时是白昼，一片漆黑时是夜晚。太阳还能帮你分辨现在是早晨、中午还是下午。

在海边居住的人可以借助潮汐来判断时间。白天，潮水在大约6小时的时间内会越涨越高。接着，在大约6小时的时间内会越退越低。同样的事情在晚上会重演一遍。每24小时就会有两次高潮和两次低潮。

船上的渔夫则学会了靠月亮和星星来判断时间。整片天空都成了他们的时钟。

在世界的某些地方，风会在每天的大致同一个时间刮起、改变方向或停止。在这些地方，风就成了时钟。

（利用）沙能做成一种更好的时钟。如果你能找到细的干沙，并将其放置在图示形状的玻璃容器中，你就有了一座名为沙漏的时钟。沙漏中的沙从上部漏到下部正好需要一小时。当沙漏被翻转过来后，又需要一小时从原来的下部漏回上部。

Thursday

题材：运动介绍 词数：213 建议阅读时间：4.5分钟

Rock climbing did not become a sport until late in the 1900s .

But now it has become a popular outdoor activity . While rock climbing may still be necessary for mountain climbing , most people just climb low mountains for fun .

If you have ever done rock climbing , you will know that it is not a very easy sport . Indoor and outdoor rock climbing both need practice . What most people don't know is that rock climbing is one of the sports that depend on your body and mind .

To climb successfully , one must use wonderful skills . One of the important rules is to always have three parts of your body on the rock face . Another important rule is that your arms only hold you close to the rock face while your legs are pushing you up . The closer you are to the rock face , the easier it is to climb .

Rock climbing is a wonderful sport . Once you start to learn how to climb , you'll find more fun . People who like games such as chess playing or problem-solving may love rock climbing , because they are nearly the same in the way of thinking . For anyone who wants to get into beautiful shape , rock climbing is a fun and good way . Anyone who enjoys a difficult game and loves the outdoors should think of taking rock climbing as a new hobby .

阅读上面的短文，选择正确答案。

1 . When did rock climbing become a sport ?

A . In 1900 .

B . Early in the 1900s .

C . In the middle of the 1900s .

D . Late in the 1900s .

2 . The chess players may like rock climbing because ____ .

- A . they'd like to get into beautiful shape
- B . it is more interesting than chess playing
- C . it is like chess playing in the way of thinking
- D . they really like to do sports

3 . What can we learn from the passage ?

- A . Rock climbing is a kind of indoor and outdoor activity .
- B . Rock climbing is a very easy sport .
- C . When you climb , your arms push you up .
- D . The closer you are to the rock face , the more difficult it is to climb .

参考译文

直到20世纪末，攀岩才成为一项运动。但现在它已成为一项广受欢迎的户外运动。尽管攀岩对爬山来说可能仍是必不可少的，但大多数人只是出于娱乐爬一些低矮的小山包。

如果攀过岩，你肯定知道那不是一项非常容易的运动。室内或户外的攀岩都需要练习。多数人并不清楚，攀岩是既考验体能又考验意志的运动之一。

要想攀岩成功，必须使用出色的技巧。最重要的规则之一是始终让身体的3个部位接触岩面。另一个重要规则是用手臂使身体接近岩壁，用腿蹬使身体上升。身体离岩面越近，攀登就越容易。

攀岩是一项很棒的运动。一旦开始学习如何攀爬，你就会发现更多的乐趣。那些喜欢下象棋或做解难题类游戏的人可能会喜欢攀岩，因为它们在思考方式上几乎是一致的。对于想要塑造完美体

形的人来说，攀岩是既有趣又有效的方法。任何喜欢有难度的游戏及户外运动的人都可以考虑把攀岩当作新的爱好。

Friday

题材：信用卡的由来 词数：205 建议阅读时间：4分钟

How do you pay for things? Do you usually use cash, or do you like to pay by credit card? If you are like a lot of people, you probably have at least one credit card. Also, you might use it more often than you probably should.

Credit cards first became popular in the 1920s. At that time, businesses, such as hotels and companies, gave credit cards to their best customers. Unlike today's credit cards, customers could only use these cards at the store or business that gave out the card. Customers had to pay for things in full. They couldn't pay for something a little at a time.

In 1950, a businessman named McNamara started a credit card company—Diners Club. Unlike earlier credit cards, this card could be used by customers at many restaurants. Customers liked the card because they didn't have to carry a lot of cash with them. Restaurant owners liked the card, too. Why? They found out that customers usually spent more money when they could pay by credit card.

In its first year of business, Diners Club issued 200 cards. The customers who got the cards from the Diners Club could use them

at 27 different restaurants . Today , Diners Club has about 8 million customers , and they can use their cards in over 7.6 million businesses in more than 200 countries .

阅读上面的短文，选择正确答案。

1 . What can we know about the earlier credit cards from the passage ?

- A . They could be used everywhere .
- B . Customers had to pay for things in full .
- C . They were very popular before the 1920s .
- D . Everyone could get this kind of credit card .

2 . The underlined word“*issued* ”here probably means“ ____ ” .

- A . showed
- B . took
- C . borrowed
- D . provided

3 . This passage is mainly about ____ .

- A . part of the development of credit cards
- B . how to use cash
- C . the number of people who use credit cards in the world
- D . how credit cards help businessmen

参考译文

你是怎样付款购物的？你通常使用现金还是使用信用卡付款？如果你和大多数人一样，你可能至少拥有一张信用卡。你使用的频

率也可能会比你本该使用的更高些。

信用卡最初流行于20世纪20年代。那时，旅馆和公司之类的企业会给他们的最佳客户发放信用卡。和今天的信用卡不同，当时的信用卡顾客只能在发卡的商店或企业中使用。顾客必须为购买的商品付全款。他们不能分期付款。

1950年，一位名叫麦克纳马拉的商人成立了一家信用卡公司——大莱卡俱乐部。和早期的信用卡不同，这种卡可供用户在很多饭店使用。顾客喜欢这种卡，因为他们不必随身携带很多现金了。饭店经营者也喜欢这种卡，为什么呢？因为他们发现，当顾客可以用信用卡付款时，他们通常会花更多的钱。

经营的第一年，大莱卡俱乐部发行了200张卡。从大莱卡俱乐部得到卡的顾客可以在27家不同的餐馆使用该卡。今天，大莱卡俱乐部已经拥有800万名顾客，他们可以在200多个国家的760万家商业场所使用该卡。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

absolutely	disturb	nest	web	tide	issue
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() 1 . a structure that birds make to keep their eggs and babies in

() 2 . to publish or give out something for the public to

use

() 3 . to interrupt someone and stop them from continuing what they were doing

() 4 . the movement of the sea towards the land and away from the land

() 5 . a net of thin threads that a spider makes in order to catch insects

() 6 . totally and definitely , without question

轻松一刻

幽默故事

Little Amy was in the garden filling in a hole when her neighbor peered over the fence . Interested in what the youngster was doing , he politely asked , “What are you up to there , Amy ? ”

“My goldfish died , ”replied Amy tearfully , without looking up , “and I've just buried him . ”

The neighbor was concerned , “That's an awfully big hole for a goldfish , isn't it ? ”

Amy patted down the last heap of earth and then replied , “That's because he's inside your cat . ”

参考译文

小艾米在自家的花园里往一个洞里填土，这时，她的邻居在篱笆外看见了。他对这个小女孩的行为很感兴趣，于是礼貌地问道：“艾

米，你在那里干什么？”

“我的金鱼死了。”艾米头也不抬，眼泪汪汪地答道，“我刚把它埋了。”

邻居关切地问：“对金鱼来说，这个洞未免太大了，不是吗？”

艾米拍了拍最后一捧土，说：“这是因为它在你家的猫肚子里。”

第7周

(答案参见此处)

Monday

题材：睡姿与个性 词数：256 建议阅读时间：5分钟

Everyone has got two personalities—the one that is shown to the world and the other that is secret and real . You don't show your secret personality when you're awake because you can control yourself , but when you're asleep , your sleeping position shows the real you . In a normal night , of course , you often change your sleeping positions . The important position that best shows your secret personality is the one that you go to sleep .

If you go to sleep on your back , you're a very open person . You normally trust people and you are easily influenced by new ideas . You don't like to make people unhappy , so you never express your real feelings . You're quite shy and you aren't very confident .

If you sleep on your stomach , you are a person who likes to keep secrets . You worry a lot and you're always easily becoming sad . You never want to change your ideas , but you are satisfied with your life the way it is . You usually live for today not for tomorrow .

If you sleep on curled up , you are probably a very nervous

person . You have a low opinion of yourself and often protect yourself from being hurt , so you are very defensive . You're shy and you don't usually like meeting people . You like to be on your own .

If you sleep on your side , you have usually got a well-balanced personality . You know your strengths and weaknesses . You're usually careful . You have a confident personality . You sometimes feel worried , but you don't often get unhappy . You always say what you think , even if it makes people angry .

生词

personality *n* . 个性 , 性格 : He has a very outgoing personality and makes friends very easily . 他性格非常外向 , 很容易交朋友。

curl *v* . 卷 , (使) 弯曲 : Sam's hands curled up into fists . 萨姆攥紧了双拳。

defensive *adj* . 防御性的 ; 急于想掩盖自己的 : She's very defensive about her part in the affair . 她对自己在这一事件中所起的作用讳莫如深。

well-balanced *adj* . 均匀的 , 平衡的 : It's important that children eat a well-balanced diet . 儿童的饮食营养均衡很重要。

阅读上面的短文 , 选择正确答案。

1 . You may find the passage in ____ .

A . a science magazine

- B . a guide book
- C . a sports newspaper
- D . a story book

2 . When does the sleeping position best show your secret personality ?

- A . In the daytime .
- B . At the beginning of sleep .
- C . At night .
- D . During the deep sleep .

3 . Tina hardly tells her secrets to her friends . She probably goes to sleep ____ .

- A . on curled up
- B . on her stomach
- C . on her back
- D . on her side

4 . What does the underlined word“**defensive** ”mean in the passage ?

- A . 易怒的
- B . 攻击性的
- C . 外向的
- D . 有戒心的

5 . What does the passage tell us ?

- A . Sleeping on your side is the best way of sleeping .
- B . Changing positions will cause sleeping problems .
- C . Sleeping positions show people's secret personalities .

D . Enough sleep makes people look better and healthier .

参考译文

每个人的性格都有双重性——一面是向外界展示的，一面是真实的、深藏不露的。当你清醒时，你是不会表露自己隐秘一面的，因为你能控制自己的行为。但当你睡着时，你的睡姿会展示真实的你。当然，在平常的夜晚，你会不断变换睡姿。但最能展示你隐秘个性的重要睡姿是你入睡时的姿势。

如果你仰面朝天入睡，说明你是个心胸开阔的人。你通常会信任别人，也容易受到新思想的影响。你不喜欢得罪人，因此你从不表达自己的真实感受。你很害羞，不够自信。

如果你俯卧入睡，说明你是个相当含蓄的人。你思虑过多，容易烦恼。你很固执，但你对自己目前的生活方式很满意。你总是过得了今天就不管明天。

如果你蜷着睡觉，那你很可能是个容易紧张的人。你对自我的评价不高，常想保护自己免受伤害，所以防范心理很重。你还比较害羞，通常不愿意与人打交道。你喜欢独处。

如果你侧卧着睡觉，说明你个性四平八稳。你了解自己的长处和短处，做事比较谨慎。你很自信，有时也会焦虑，但不经常愁苦。你总是会直言不讳讲出自己的想法，即使这样会得罪人。

Tuesday

题材：趣闻轶事

词数：249

建议阅读时间：5分钟

Mrs . Jones was over eighty , but she still drove her old car

like a woman half her age . She loved driving very fast , and boasted of the fact that she had never , in her thirty-five years of driving , been punished for a driving offence .

Then one day she nearly lost her record . A police car followed her , and the policemen in it saw her pass a red light without stopping .

When Mrs . Jones came before the judge , he looked at her severely and said that she was too old to drive a car , and that the reason why she had not stopped at the red light was most probably that her eyes had become weak with old age , so that she had simply not seen it .

When the judge had finished what he was saying , Mrs . Jones opened the big handbag she was carrying and took out her sewing . Without saying a word , she chose a needle with a very small eye , and threaded it at her first attempt .

When she had successfully done this , she took the thread out of the needle again and handed both the needle and the thread to the judge , saying , “Now it is your turn . I suppose you drive a car , and that you have no doubts about your own eyesight . ”

The judge took the needle and tried to thread it . After half a dozen attempts , he had still not succeeded . The case against Mrs . Jones was dismissed , and her record remained unbroken .

生词

boast v . 吹嘘 : He's always boasting of his great sporting

achievements . 他老是夸耀自己在体育上取得的巨大成就。

offence *n* . 违法行为 , 过错 : The usual fine is \$15 to \$100 for a first offence . 对初犯的罚款通常是15至100美元。

sewing *n* . 缝纫 , 针线活 : sewing machine 缝纫机

thread *n* . 线 *v* . 穿 (线) : Thread the rope through the rings and tie firmly . 把绳子从圆环中穿过 , 然后绑紧。

dismiss *v* . 不接受 , 拒绝考虑 : Their evidence was dismissed as completely worthless . 他们的证据被认定为毫无价值而不予采信。

阅读上面的短文 , 回答问题。

1 . How old was Mrs . Jones ?

2 . How did she drive her old car ?

3 . What did she boast of ?

4 . How did she nearly lose her record ?

5 . What did the judge think was the reason why she did not stop at the red light ?

6 . What did she open when the judge finished what he was saying ?

7 . What did she take out of it ?

8 . What was the result of the judge's unsuccessful attempt to thread the needle ?

参考译文

琼斯太太80多岁了，但还像只有她年龄一半的妇女那样开着自己的旧车。她喜欢开快车，还吹嘘自己35年的驾龄中从未因违章而被处罚过。

然而有一天，她差点没保住自己的纪录。一辆警车跟在她后面，警察看见她闯了红灯。

当琼斯太太来到法官面前时，法官严厉地看着她说，她年纪太大，不能开车了，闯红灯的原因很可能是老眼昏花，以至于根本没有看见红灯。

法官说完后，琼斯太太打开随身携带的大手提包，从里面拿出针线活。她一言不发地挑了一根针眼很小的针，一下子就把线穿了过去。

当她成功地完成这一动作后，又把线从针里抽出来，并把两样东西都递给法官，说：“现在该你了，我想你是开车的，对自己的视力肯定很自信。”

法官拿起针，想把线穿过去。试了6次后还没成功。针对琼斯太太的案子取消了，她的纪录依然没被打破。

Wednesday

题材：城市介绍 词数：289 建议阅读时间：6分钟

BARCELONA

Barcelona is the second largest city of Spain and is on the northeast coast , above five hundred kilometers east of the Spanish capital , Madrid . One of Barcelona's most landmarks is the Church of the Sagrada Familia , which was designed by an architect called Antonio Gaudi . Gaudi worked on the project from 1882 until his death in 1926 .

FLORENCE

Florence is an Italian city , which became famous because of the Renaissance , a great artistic movement which began in the 1300s and lasted for three hundred years . During the Renaissance , some of the greatest painters of all time lived and worked in Florence . Many of Florence's most beautiful paintings and sculptures were produced by great artists such as Leonardo da Vinci and Michelangelo . Florence is visited each year by about a million tourists who come to see the art galleries , churches and museums .

ATHENS

Athens , the capital of Greece , is known as the birthplace of Western Civilization . Two thousand four hundred years ago , it was the world's most powerful city . Buildings such as the Parthenon on the Acropolis Hill were built during this period . Greece's best writers lived in ancient Athens . Their works have influenced other writers ever since .

AUCKLAND

Auckland is the largest city in New Zealand , located on North Island . This seaside city is an important centre for business and industry . Famous scenes include Mt Eden , one of many large volcanoes , as well as the Auckland Harbour Bridge . In the city , you can enjoy an amazing view from the Sky Tower , which is the city's tallest tower . You can also see Maori traditional dances at the Auckland Museum . Auckland is called“the city of sails”because it has more boats than anywhere else in the world .

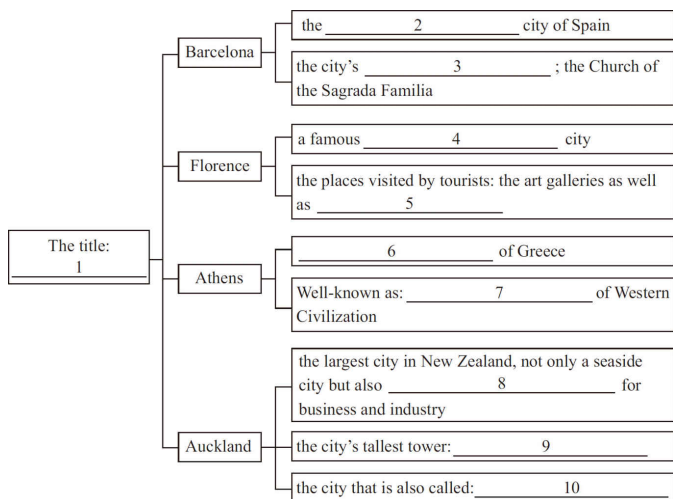
生词

the Renaissance *n* . (欧洲14世纪至16世纪的) 文艺复兴时期

gallery *n* . 美术馆 , 画廊 : She spent her free time visiting galleries and museums . 她利用空余时间参观了一些美术馆和博物馆。

civilization *n* . 文明 : the history of Western Civilization
西方文明史

阅读上面的短文，在下面的空格内填入适当的单词。



参考译文

巴塞罗那

巴塞罗那是西班牙第二大城市。它位于该国的东北海岸，在首都马德里以东500多公里处。巴塞罗那最著名的地标建筑是圣家族大教堂，它由建筑师安东尼奥·高迪设计。高迪于1882年接手该建筑的设计，一直工作到1926年逝世时为止。

佛罗伦萨

佛罗伦萨是一座意大利城市，它之所以闻名遐迩是因为那场始于14世纪并持续了300年的文艺复兴运动。在文艺复兴期间，一些卓越的文艺巨匠都曾在佛罗伦萨生活和工作过。佛罗伦萨大部分美丽的绘画和雕塑都出自最伟大的艺术家之手，如列奥那多·达·芬奇和米开朗基罗。每年都有百万游客来探访这里的艺术画廊、教堂和博物馆等。

雅典

希腊首都雅典以孕育了西方文明而声名远播。2400多年前，它是世界上最强大的城市。卫城山上的帕台农神庙等建筑就建于这一时期。希腊最著名的作家大都生活在古雅典时期。从那时起，他们的作品就影响了很多其他作家。

奥克兰

奥克兰是新西兰最大的城市，它坐落于北岛。这座海滨城市是重要的商业和工业中心。著名景点包括世界上最大的火山之一——伊甸山和奥克兰海港大桥。在这座城市，你可以从该市最高的塔楼——天空塔一览迷人的美景。你也可以到奥克兰博物馆欣赏毛利人的传统舞蹈。奥克兰还享有“风帆之都”的美誉，因为这里的帆船数量比世界上其他任何地方都要多。

Thursday

题材：动物习性 词数：264 建议阅读时间：5.5分钟

The weasel is a small animal like a rat . Its body is long and thin and has reddish brown fur on top of its body and white beneath . It has a bushy tail and a lively face . Normally it hunts by night , seeking out frogs , mice , rats , small birds and chickens—even if its victim is several times its own size .

The weasel is a very active little animal and perhaps because of its thinness , appears to slide along the ground like a snake . Sometimes it leaps along on its short legs and may even pause to play around a bush . It will swim to catch a water rat or climb swiftly up a tree to steal eggs from the bird's nest .

Sometimes the weasel is unlucky in its hunting and is forced to try its luck during daytime . When this happens , it sometimes uses a strange method . It goes near a bush where it can hear birds singing . Then it dances about and wriggles its body from side to side . Like most wild creatures , birds are full of curiosity . Some of them come down on the ground and watch the weasel . A few brave ones get nearer and nearer to the weasel to have a better look at this strange animal . After a while , one foolish bird gets too near , and the weasel immediately seizes it . When this happens , the victim is not necessarily eaten for lunch . The remaining birds often fly to its rescue . They fly down on the weasel , pecking it until it lets its victim fly and hurries away .

生词

beneath *adv* . 在下面 : The valley lay beneath . 山谷就在下面。

bushy *adj* . 灌木丛生的 ; 毛发浓密的 : a bushy moustache 一撮浓密的小胡子

victim *n* . 牺牲品 : He is the victim of his brother's anger . 他是哥哥的出气筒。

wriggle *v* . 扭动 : He wriggled into his sleeping bag . 他扭动身子钻进睡袋。

peck *v* . 啄 : The hens were pecking the grain . 母鸡在啄食谷粒。

阅读上面的短文，选择正确答案。

1 . The main point of the first two paragraphs is ____ .

- A . how weasels get their food
- B . what weasels look like
- C . an account of the ways in which a weasel moves
- D . a description of weasels and their way of life

2 . The main point of the third paragraph is ____ .

- A . that weasels are not always lucky in their hunting
- B . that birds are easily tricked but can be brave
- C . an account of a method used by weasels to trick birds
- D . a warning that nature has no mercy on foolish people

3 . Chickens are mentioned in this passage because ____ .

- A . weasels hunt them
- B . they are bigger than weasels
- C . they like to watch a weasel dancing
- D . a weasel can dance to cheat them

4 . “***When this happens , the victim is not necessarily eaten for lunch .*** ” From this sentence and those which follow it we can conclude that ____ .

- A . it is the victim who eats the weasel for lunch
- B . the weasel's trick is not always successful
- C . the weasel takes its victim home to store it
- D . it would be unwise for us to trust a weasel

5 . By “***Normally it hunts by night*** ” , the author suggests that

____ .

- A . weasels never hunt by day
- B . weasels choose not to hunt by day
- C . night-time is not suitable for weasels
- D . it is a habit of weasels to hunt during the day

参考译文

黄鼠狼是像老鼠一样的小动物。它的身体又长又瘦，身上长满红棕色的皮毛，腹部的毛发则是白色的。它长着毛茸茸的尾巴，脸部的表情生动活泼。它通常在夜间觅食，寻找青蛙、老鼠、小鸟和小鸡，即使它们的体积是自身的几倍。

黄鼠狼是一种非常活跃的小动物，也许因为它体型纤瘦，它在地上行走的样子就像蛇在爬行。有时，它会用短小的四肢跳跃前进，甚至会停下来在灌木丛旁玩耍一会儿。它会游泳捕捉水鼠，或是迅速爬到树上从鸟巢里偷蛋。

有时黄鼠狼夜间捕食不顺利，因此不得不在白天碰碰运气。遇到这种情况，它有时会使用一种奇特的方法。它来到灌木丛边，听着小鸟的歌唱，然后翩翩起舞，左右扭动着身躯。就像许多野生动物一样，鸟类也是充满好奇心的。有些鸟儿会从树上飞下来，观察这只黄鼠狼。一些勇敢的鸟儿越靠越近，想更清晰地看看这只奇怪的动物。过了一会儿，一只愚蠢的小鸟靠得太近，黄鼠狼立刻会把它抓住。这时，被捉的小鸟并不一定成为黄鼠狼的午餐。因为其余的小鸟会赶来营救。它们飞到黄鼠狼身上，狠狠地啄它，直到它放弃猎物、落荒而逃为止。

Friday

题材：战争武器

词数：315

建议阅读时间：6.5分钟

Radar is very important in aviation today . It was first introduced in the Second World War . The British used it in the great air battles over England in 1940 . The British fighter planes had to be in exactly the right place at exactly the right time to meet the enemy bombers . In order to get there , the fighter stations had to be warned long before the bombers actually appeared . They also had to know the course the bombers were following . This would have been impossible without radar .

The Germans also used radar later in the war when the great air raids against their cities began . On both sides the system was almost the same in a number of ways . The heart of the radar warning system was the“operations centre” . This was a huge system of rooms , usually below the ground . Radar showed the position of the enemy bombers while the bombers were still far away . In the centre of the main operations room there was usually a huge map on this table . Anybody who looked at it could see immediately where the bombers were at that moment . The people in the radar centre also had to decide where the bombers were going , or what the likely targets were . When this had been calculated , the people in those places were warned . As they hurried to air raid shelters below the ground , fighter planes were taking to the air . The fighters were never out of radio contact with the radar centre .

At night , radar was a pair of eyes that guided the fighters to bombers that they could not see . A radar controller on the ground told the pilot exactly where to go . Usually the pilot himself did not see the bomber until he was a few seconds away from it . Then he would open fire . None of these things could have happened

without radar .

生词

aviation *n.* 航空, 飞行: Pilots of large aircraft are masters of aviation . 大型飞机的驾驶员都是飞行专家。

fighter *n.* 战斗机: a long-range fighter 一架远程战斗机

bomber *n.* 轰炸机: The bombers flew over the enemy city releasing bombs that set many targets afire . 轰炸机飞临敌方城市上空投弹, 使许多目标物陷入火海。

阅读上面的短文, 选择正确答案。

1 . Radar was used by the British in 1940 to ____ .

- A . guide bombers to their targets in the daylight
- B . get fighters away from other British fighters they could not see
- C . guide fighters to the right place in order to meet the bombers
- D . guide bombers to their targets at night

2 . Radar helped night fighter pilots to ____ .

- A . see bombers long before they could have otherwise
- B . get close to the bombers before they could see them
- C . open fire on bombers they could not even see
- D . get back to the fighter station after the battle

3 . The British used radar in the great air battle over England

in 1940 . The “great air battle” refers to ____ .

- A . the great air battle taking place in 1940 among British fighters
- B . the air battle between British fighters and German bombers
- C . the battle in which German bombers attacked the targets all over England
- D . the battle in which British army shot down German airplanes

4 . An air raid shelter is a place where people ____ .

- A . shoot at bombers
- B . hide from bombers
- C . keep bombers
- D . keep radar

5 . Which of the following statements about radar are NOT true ?

- A . At night , radar was a pair of eyes .
- B . Radar is very important in aviation today .
- C . At night , radar can be used to find thieves .
- D . Radar was used by the British in the Second World War

参考译文

在现代航空业中，雷达非常重要。它是二战时被首次引入这个领域的。1940年，英国人将它用到英格兰上空的那场大空战中。英国战斗机必须在准确的时间、准确的地点去迎战敌方轰炸机。为了实现这一目标，空军基地必须在敌方轰炸机真正出现之前就早早地

发出警告。他们还需要知道敌方轰炸机的飞行路线。如果没有雷达，这些是根本不可能实现的。

战争后期，当针对德国城市的大规模空袭开始后，德国人也使用雷达了。双方使用的系统在很多方面都非常接近。雷达预警系统的核心是“操作中心”。它是由多个房间组成的巨大系统，大多位于地下。当敌方轰炸机还处在很远的地方时，雷达就能侦测到它们的位置。在主作战指挥中心，桌子上经常放着一张巨大的地图。看到地图，人们立刻就能弄清楚敌方轰炸机的位置。而雷达中心的人还要弄清楚轰炸机可能飞到哪里，攻击目标是什么。当所有这些都被计算清楚后，相应地区的人员就会接到警报。在人们迅速撤到地下防空洞的同时，战斗机们已经准备起飞了。战斗机任何时候都不能脱离和雷达中心的无线电联系。

在夜间，雷达就是战斗机的眼睛，指导它们迎战肉眼看不见的敌方轰炸机。地面雷达操作员告诉飞行员确切的前进方向。通常情况下，飞行员无法发现敌方轰炸机，除非它们到了只有几秒之遥的距离。然后他就会开火。如果没有雷达，这一切都不可能实现。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

curl

defensive

offence

thread

dismiss

victim

() 1. used for protecting somebody or something from attack

() 2 . someone who has been harmed , injured , or killed as the result of a crime , an accident or illness

() 3 . to bend into a round or curved shape

() 4 . a long thin fibre used for sewing pieces of cloth together or for weaving

() 5 . to refuse to accept that something might be true or important

() 6 . something you do that is against the law

轻松一刻

幽默故事

Several months after I had joined a band as a guitarist , a member of the audience asked us why we called ourselves Mixed Emotions . “Because , ”our organ player replied , “because when you hear our music , you don't know whether to laugh or cry . ”

参考译文

我作为吉他手加入了一支乐队。数月后，一名听众问我们为什么自称“百感交集乐队”。“因为，”我们的风琴手答道，“当你听到我们的音乐后，不知道是该笑还是该哭。”

第8周

(答案参见此处)

Monday

题材： 犯罪案例 词数： 178 建议阅读时间： 3.5分钟

A gang of bank robbers drove into a public park—in fact it was an underground car park . They parked two vans in the car park . Then they walked along a narrow corridor . At the end of the corridor , there was a manhole . They lifted the manhole cover and climbed down into the sewer . The sewer passed the bank . At the nearest point , the gang stopped . They had electric drills , and drilled a tunnel to the bank vault .

This took several weeks , because the distance was 25 feet , and they had to drill through rock . Then they went into the vault one weekend and they emptied the safe-deposit boxes . The vans were waiting . They put the money and jewellery (worth \$6 million) into the vans . Finally , they welded the vault door on the inside , and left .

The next day , the bank manager could not open the vault door . At first , he was not worried , because the vault was very old . Finally , a bank worker drilled through the wall . Inside the vault , the manager found the empty safe-deposit boxes...

生词

corridor *n* . 走廊 : Go along the corridor and up the stairs . 沿走廊前行 , 然后再上楼梯。

vault *n* . 保险库 : The bank doesn't open its vault until 9 a . m . 银行要到上午9点才开保险库。

safe-deposit *n* . (放置保险箱等的) 保管库 : safe-deposit box (银行的) 保险箱

weld *v* . 焊接 : The metal plates were welded together to make a strong joint . 金属片被焊接在一起 , 使之连接牢固。

阅读上面的短文 , 选择正确答案。

1 . The two vans the robbers parked were used ____ .

- A . for drilling rock
- B . for digging the sewer
- C . to carry the money and jewellery of the bank
- D . to send for the police

2 . Why did it take the robbers a few weeks to get into the vault ?

- A . Because they had to drill through rock whose distance was 25 feet .
- B . Because the sewer was 25 feet away .
- C . Because they had to go through a corridor whose distance was 25 feet .
- D . Because the nearest point was 25 feet away from the bank vault .

3 . The manager could not open the vault door because ____ .

A . it was locked

B . it was old

C . there was something wrong with it

D . the robbers had welded the door on the inside

参考译文

一群银行劫匪开车驶进一处公共停车场——实际上这是一座地下停车场。他们把两辆面包车停在那里，然后顺着一条狭窄的走廊往里走。走廊的尽头有一处窰井，他们把窰井盖打开后爬进下水道。下水道经过银行下方。在下水道离银行最近的地方，劫匪们停了下来。他们拿出事先准备好的电钻，开始钻一条通往金库的通道。

这项工作花费了数周的时间，因为两者间的距离有25英尺，而且他们必须钻透岩石。在一个周末，他们得以进入金库，将保险箱洗劫一空。面包车在停车场等候接应他们。他们把钱和价值600万美金的珠宝放进面包车里。最后，他们把金库的门从里面焊死，扬长而去。

第二天，银行经理发现打不开金库的大门。起初，他并不担心，因为大门已经十分老旧。最后，一名工作人员把墙钻开。进入金库后，银行经理发现保险箱已空空如也……

Tuesday

题材： 兴趣与爱好

词数： 285

建议阅读时间： 5.5分

钟

Johnny was four years old , and his favourite game was cowboys and Indians . He had a cowboy suit and a belt with two guns , and spent most of his time pretending to be fighting Indians .

One day his mother took him in a train for the first time . Of course , he wore his cowboy suit and carried his two guns . He had seen a film of an attack by Red Indians on a train in the Wild West , so his mother was not surprised when he began playing at cowboys and Indians in the train . But when he wanted to open the window wide so that he could shoot out of it , she thought this too dangerous , and allowed him to have it open only at the top , so that he could shoot out of it if he stood up , but could not fall out .

He was playing happily , hiding behind the curtain , suddenly stepping forward , firing a shot out of the window and then quickly stepping back again , when he suddenly gave a cry , fell back on to the seat , and lay there with his chin resting on his chest and his arms hanging loosely beside him . Of course , his mother was frightened . She thought that something from outside the train must have hit him as he stood at the window . She shook the child gently , but he made no movement , and his eyes rolled in his head .

His mother was now very worried indeed . She picked Johnny up in her arms to go and find help ; but then he lifted one of his arms with great effort , pointed to his chest and said in a weak whisper , “Pull the arrow out , will you ? ”

生词

pretend *v* . 假装 : She pretended that she was asleep . 她假装睡着了。

Wild West *n* . 蛮荒的西部 (指美国开拓时期的西部。在那一时期 , 城镇开始发展 , 出现了许多暴力事件 , 尤其是新移民和美洲印第安人原住民之间的暴力冲突。)

loosely *adv* . 松松地 , 不紧地 : He held the rope loosely in his right hand . 他右手轻轻地抓着绳子。

whisper *n* . 低语 : Elizabeth's voice dropped to a low whisper . 伊丽莎白的声音越来越小 , 成了低声耳语。

阅读上面的短文 , 回答问题。

1 . What was Johnny's favourite game ?

2 . What did he have ?

3 . How did he spend most of his time ?

4 . What was the experience which he had for the first time in this story ?

5 . Why did his mother allow him to open the window only at the top ?

6 . What did she do when her child made no movement ?

参考译文

约翰尼4岁，他最喜欢玩的游戏是牛仔和印第安人。他身穿牛仔服，腰带上别着两把枪，大多数时间都在假装和印第安人战斗。

一天，妈妈第一次带他坐火车。当然，他还穿着牛仔服，带着那两把枪。他曾经看过一部影片，里面讲的是在荒凉的西部，一辆火车被北美印第安人袭击的故事。所以，当他在火车上玩起牛仔和印第安人的游戏时，妈妈并不觉得奇怪。可当他想把车窗开大些，好向外射击时，妈妈觉得太危险，只同意他把车窗上部打开一点儿，这样，他站起时可以向外射击，但不至于跌落出去。

他玩得很高兴，先是躲在窗帘后面，接着猛地向前迈出一步，朝窗外开了一枪。然后迅速退回。这时，他突然大叫一声，跌落在坐椅上，躺在那儿，下巴靠在胸口，双臂无力地垂在身体两边。当然，妈妈吓坏了。她以为，当他站在窗前时，外面的某样东西击中了他。她轻轻地摇动着孩子，可他一动不动，只有眼睛还在转动。

妈妈此刻非常担心，她把约翰尼抱起来，起身要寻求帮助。就在这时，约翰尼吃力地抬起一只胳膊，指着自己的胸口，虚弱地轻声说道：“拔出这支箭，好吗？”

Wednesday

题材：科学技术

词数：262

建议阅读时间：5分钟

About 20 years ago , Nissan introduced the world's first“talking car” . Actually , it was just a recorded voice that would tell you that your door was open , and would continue talking to you until you closed it . Of course , it never caught on .

Times have changed and the talking car of the near future is a car that you talk to , rather than a car that talks to you . You'll be able to control your radio by giving voice orders , get traffic reports and directions , and send and receive emails . To do all this , you needn't push a button at all .

This is good news for those who spend more and more of their lives in their cars . In fact , the new type of cars will be more like offices on wheels , with computers , wireless internet access , satellite radio inside . Companies are hoping that time wasted in traffic could be put to better use . If workers are able to check their emails , faxes , and meeting time on the way to work , they can spend more time at the office doing more important tasks .

Microsoft , of course , is hoping that every one of those mobile offices will use Windows . “It's a great goal , ”says Dick Brass , VP of Microsoft's automotive division , “but we'd like to have one of our operating systems in every car on earth . ”There are already 650 million cars in the world , and every year about 50 million new cars roll off the production lines . If Brass' wish came true , cars could become a bigger business for Microsoft than computers .

生词

catch on 流行，盛行：It was a popular style in Britain but it never caught on in America . 这是一种英国的流行款式，但在

美国从未流行起来。

access *n* . 入口, 途径; 接口: The only access to the farmhouse is across the fields . 到农舍去的唯一途径是穿过田野。

division *n* . 部门: the company's electronics division公司的电子部

阅读上面的短文, 选择正确答案。

1 . When was the world's first“talking car”introduced ?

- A . About 10 years ago .
- B . About 20 years ago .
- C . About 15 years ago .
- D . About 25 years ago .

2 . You'll be able to control the radio of the new talking car by giving ____ .

- A . music
- B . voice orders
- C . light
- D . energy

3 . Companies may be happy with the new type of cars because ____ .

- A . their workers will get to the office earlier
- B . much time will be wasted in traffic
- C . their workers will check emails , faxes and meeting time at home

D . their workers will have more time to do more important work at the office

4 . The underlined phrase "*caught on* " in the passage means

— .

A . turned on

B . took off

C . became popular

D . was colourful

5 . Which of the following is true according to the passage ?

A . The new type of talking car has a recorded voice inside .

B . The talking car of the near future is a car that talks to you .

C . All of the mobile offices will use Windows .

D . About 50 million new cars are produced every year .

参考译文

大约20年前，尼桑公司生产了世界上第一辆“会说话的汽车”。实际上，那只是一些预存的录音，提醒你车门没有关上，然后不停地说下去，直到车门关上为止。当然，这种汽车没有流行起来。

但时代变了。不久的将来，说话汽车将是这个样子：你能够向它发出指令，而不是它向你提示内容。你通过下达声音指令来控制收音机、得到路况报道和道路方向等信息，还能收发电子邮件。完成所有这一切，你根本不需要动一下按钮。

对那些大部分时间待在车上的人来说，这确实是个好消息。实际上，这种新式汽车更像是车轮上的办公室，因为其中配备了计算

机、无线网络接口和卫星广播。公司都希望浪费在路上的时间能够得到更好的利用。如果员工能在上班路上收发电子邮件和传真、核对会议时间，那么，到了办公室，他们就可以将更多的时间花在更重要的工作上了。

当然，微软公司也希望每一辆“移动办公室”都能够安装他们的视窗软件。“这是一个宏伟的目标，”微软汽车部副总裁迪克·布拉斯说，“但我们希望世界上每一辆汽车都装上我们的操作系统。”目前全球汽车保有量为六亿五千万辆，而且每年还有五千万辆新车下线。如果布拉斯愿望成真的话，汽车将成为微软业务中比计算机还大的领域。

Thursday

题材：房屋介绍 词数：152 建议阅读时间：3分钟

Alan, Mr. Brown, the Whites, the Smiths和the Williams正各自打算买房子。请仔细阅读第1~5题中的个人情况说明和A~E五处房子的介绍，选出符合各自要求的最佳选项。

() 1. Alan, a young man, works as an engineer at a car factory. He has shared a flat with others for two years. Now he has a saving of \$8,000 and he would like a single flat.

() 2. The Brown family has two cars. They prefer a house with two garages and enough bedrooms for their three kids. They'd like to move in as soon as possible.

() 3. The Whites' twin sons, who like water games, will start school next year. They are looking for a house within a walking distance to a primary school.

() 4 . The Smiths , a middle-aged couple , wish to open a restaurant . They are looking for a shop house in the city center . They don't care much about the price .

() 5 . The Williams are rich , and they hope to find a big and comfortable house . They have a lot of friends . The house should be convenient for their parties .

A	B	C	D	E
				
Introduction; Price: \$ 980,000 Size: 240m ² Downtown house Parking to the front Fit for Sandwich Shop & Cafe	Introduction; Price: \$ 209,600 Size: 180m ² Bedroom: 4 Bathroom: 2 Garage: 2 No improvement	Introduction; Price: \$ 860,000 Size: 320m ² Bedroom: 4 Bathroom: 3 Garage: 3 Big living room	Introduction; Price: \$ 5,700 Size: 39m ² Bedroom: 1 Floor: 2/4 Near the subway No improvement	Introduction; Price: \$ 380,790 Size: 220m ² Bedroom: 3 Bathroom: 2 Near the city school Good neighbors

生词

improvement *n.* 改善，改进；改进之处：home improvements住宅装修/An old house can be made modern by making improvements . 老房子经过装修可以变得现代化起来。

参考译文

1 . 艾伦是一位年轻男士，他在一家汽车厂做工程师。他与别人同住一套公寓已经两年了。现在，他存了8000美元，想住一套单人公寓。

2 . 布朗家有两辆车，他们想找一套有两个车库，并且有足够的卧室可供3个孩子居住的房子。他们想尽快搬进去。

3 . 怀特家的双胞胎儿子喜欢水上运动，他们明年就要上学了。他们正在寻找一套步行即可走到小学的房子。

4 . 史密斯夫妇是一对中年人，他们想开一家餐馆。他们正在寻找位于市中心的商铺。他们不太介意价格。

5 . 威廉斯家非常富有，他们希望找一套宽大、舒适的房子。他们有许多朋友。房子应当能方便他们聚会。

A	B	C	D	E
介绍： 价格：980 000 美元 面积：240 平方米 商铺 门前可停车 适合开三明治店或 咖啡馆	介绍： 价格：209 600美元 面积：180 平方米 卧室：4 间 浴室：2 间 车库：2 间 无装修	介绍： 价格：860 000美元 面积：320 平方米 卧室：4 间 浴室：3 间 车库：3 间 大客厅	介绍： 价格：5 700 美元 面积：39 平方米 卧室：1 间 楼层：4 层楼房的第 2 层 靠近地铁站 无装修	介绍： 价格：380 790 美元 面积：220 平方米 卧室：3 间 浴室：2 间 靠近市里学校 邻居素质高

Friday

题材： 环保节能 词数： 258 建议阅读时间： 5分钟

When the Audet family turns on the lights at Blue Farm , they are using electricity that comes from cows—cow wastes , to be specific .

Cows produce a lot of wastes . One cow can create 30 gallons of wastes each day . Now imagine the output of over 1 , 000 cows at Blue Farm . That's really a big amount .

When farmers clean their barns , they put the wastes in a big heap , and spread some of them on their fields for fertilizer . But now places like Blue Farm have a new way of using cow wastes . They use them to make electricity .

Here's how it works : A big machine moves back and forth cleaning the barn floor . “The cows aren't bothered , ”says Marie Audet , “They are animals of habit ; they get used to it , and just lift one foot and then another to let it go by . ”

The machine pushes the wastes into a big 600-gallon tank like a small swimming pool . The tank is called a digester because what happens there is just like what happens inside a cow : Bacteria get to work and continue to digest the wastes .

Methane gas in the atmosphere is known as a “greenhouse” gas because it keeps heat just like a greenhouse does , causing our planet to warm up . That's an environmental concern . But the digester has a good result . Its gas is kept and used to power electric generators .

At Blue Farm , the generators make enough electricity to power 400 homes . The Audet family sells the extra electricity they can't use themselves .

生词

fertilizer *n* . 肥料 : spread fertilizer施肥/chemical fertilizer化肥

digest *v* . 消化 , 吸收 : Some foods are hard to digest . 一些食物不容易消化。 || **digester** *n* . 消化剂 ; 蒸煮器 ; 化粪池

bacteria *n* . ([单] **bacterium**) [复] 细菌 : Bacteria cause illnesses . 细菌引起疾病。

generator *n* . 发电机 : The hospital keeps an emergency

generator in case the power goes out . 医院备有应急发电机 , 以防停电。

阅读上面的短文 , 选择正确答案。

1 . We learn from the text that the Audet family is using cow wastes to ____ .

- A . make electricity
- B . produce fertilizer
- C . build their farm
- D . feed the cows

2 . How are the cow wastes collected into the digester at Blue Farm ?

- A . Marie Audet does the work .
- B . The job is done by machine .
- C . The cows lift the cow wastes .
- D . Bacteria get to work on them .

3 . According to the passage , which of the following is changed into electricity ?

- A . The power of moving water .
- B . The heat of burning coal .
- C . The power of sunlight .
- D . The heat of methane gas .

4 . The new way of using cow wastes at Blue Farm might be best described as ____ .

- A . reducing
- B . saving
- C . recycling
- D . changing

5 . What is the main purpose for writing the passage ?

- A . To introduce a new way of making electricity .
- B . To explain how a new energy works better .
- C . To show a new rebuilding plan for a big farm .
- D . To explain the reasons for greenhouse effect .

参考译文

当奥代特一家打开在蓝色农场的灯时，他们正在使用来自牛身上的电——确切地说，是牛粪。

牛会排出很多粪便。一头牛每天可排出30加仑的粪便。现在试想一下，蓝色农场超过1000头牛会有多大的排泄量。这数字确实非常惊人。

当农民清理牛棚时，他们把牛粪堆成一个大堆，然后把部分牛粪撒到田里做肥料。但现在，蓝色农场之类的地方有了使用牛粪的新方法——用它们来发电。

下面是工作原理：一台大机器前后移动清理牛棚的地面。“牛不会被打扰，”玛丽·奥代特说，“它们是可以养成习惯的动物，能够适应清理工作。它们先抬起一只蹄子，然后再抬起另一只蹄子，以便让机器通过。”

机器把牛粪推进一个容积为600加仑、类似小型泳池的大池塘里。这个池塘被称为化粪池，因为发生在那里的反应就和牛体内发

生的反应一样：细菌开始工作，继续分解牛粪。

大气中的甲烷被称为“温室”气体，因为它像温室一样保持热量，使我们的地球变暖。这是一个环境问题。但化粪池很好地解决了这个问题。它里面的气体被储存起来，用来给发电机提供动力。

在蓝色农场，发电机发出可供400个家庭使用的充足电力。奥代特一家还把没有用完的多余电力卖掉。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

corridor	weld	whisper	access	division
improvement				

() 1 . a very quiet way of saying something so that other people cannot hear you

() 2 . the means by which you get to a place

() 3 . a long passage inside a building with doors on each side

() 4 . the act of improving something

() 5 . to join two pieces of metal by heating them and pressing them together

() 6 . one of the parts into which a large organization is divided

轻松一刻

幽默故事

He and his wife sat on the floor chatting . Feeling hungry , he asked her , “Don't you have any pancakes around ? ”

“Can't you be satisfied with sitting here and looking at your beautiful wife ? ”

“Of course , I can , ”said he . “But if I could have a pancake to eat while looking at your beautiful face , that would be even better ! ”

参考译文

丈夫和妻子坐在地板上闲聊。丈夫觉得饿了，便问妻子：“家里有没有薄煎饼？”

“坐在这里看着你漂亮的妻子，难道你还不满足吗？”

“当然满足，”丈夫说，“但如果能在看着你漂亮脸蛋的同时，再吃上一张薄煎饼，那就更好了！”

第9周

(答案参见此处)

Monday

题材： 阅读方法 词数： 337 建议阅读时间： 6.5分钟

Many textbooks are not written in the kind of English that we speak every day . In fact , sometimes the reading is so difficult that it almost seems like a foreign language . In a way , it is—the language of science . You should not expect to be able to read a difficult science passage the same way you read an interesting story ; you should not expect to read it easily and all at once . Instead , you may have to read it several times through , catching on the meaning of difficult words , going back over difficult sentences , and finally putting the whole thing together . Do not be discouraged if the whole passage doesn't make sense to you at first . You need to pick it apart patiently until you can understand it .

These are the steps to follow when you are reading something difficult :

1 . Start to read normally until you run into a sentence that doesn't make sense to you .

2 . When a sentence doesn't make sense , go back and read it again more slowly .

3 . Look for any words you don't know in the sentence . Try to understand their meanings using the structure of the word and context clues . If necessary , look them up in the dictionary .

4 . Look at the next few sentences to see if they explain more about the sentence you are working on . Do not read very much farther ahead until you understand what is being said .

5 . Finally , read the sentence again . Try to put it into simpler words .

6 . Read through the passage once . Try to understand all the hard parts well . Then read the whole passage once more at a usual speed . This helps you to put all ideas together .

The steps sound a lot harder than they are . It is really just the normal way good readers understand anything that is difficult to read . After you have done the best you can this way , you should always feel free to ask for help from your teacher , if you have one .

生词

all at once 突然 , 一下子 : All at once , I remembered .
我突然想起来了。

make sense 有意义 , 讲得通 : I wrote out the advertisement on the back of an old envelope and read it aloud to see if it made sense . 我把广告写在一个旧信封的反面并高声读出来 , 看是否字句通顺。

pick apart 拆散 , 拆开 : I can't change the size of this

dress without picking the whole thing apart . 如果不把整个衣服拆开，我们就无法改变它的大小。

context *n* . 上下文，语境：guess the meaning of a word from its context由上下文猜一个词的意思

阅读上面的短文，选择正确答案。

1 . The underlined phrase “*run into* ” means ____ .

- A . work out
- B . come across
- C . look into
- D . pass by

2 . From the passage , we can know ____ .

- A . we should look up new words before reading
- B . it is sometimes difficult to read a science passage
- C . the six steps are helpful in learning spoken English
- D . interesting stories help readers to improve their English

3 . The passage is mainly about ____ .

- A . steps of studying science
- B . difficulties in reading science passages
- C . ways of reading science passages
- D . researches on science and English

参考译文

很多教科书不是用我们日常生活中所说的英语写成的。实际

上，有时候阅读这些书就像读外语一样困难。从某种意义上说，这就是科学语言。你不应该期望用读趣味故事的方式读难懂的科技文献；也不应该期望读得轻松愉快、一气呵成。相反，你可能不得不通读很多次，以弄明白某些晦涩的单词，反复琢磨某些难句的意思，最后再将它们组合到一起。如果一开始不能理解整篇文章的意思，千万不要泄气。你应当耐心地将其分解，直到完全搞懂。

当你阅读难懂的文章时，请参照如下步骤：

1. 按照正常的方式阅读，直到碰见看不懂的句子。
2. 遇到不明白的句子时，返回去用慢一点的速度再读一次。
3. 查找句子中不认识的单词。通过单词的结构和上下文提供的线索，猜测它们的意思。必要的话，可以借助词典。
4. 读后面的几句话，看它们是否能解释你正在琢磨的句子。在弄明白所说的内容前，不要往后读得太多。
5. 最后，再读一遍这句话。试着用更简单的单词表述一遍。
6. 再次通读整段文章。尽量将所有疑难彻底搞懂。然后以正常的速度再读一遍全文。这有助于你对文章的整体把握。

这些步骤听起来似乎比它们本身还要难很多（即听起来难，实际做起来容易些）。但这确实是很多优秀读者弄懂艰涩文章的正常方法。当你按照这种方法尽力去做后，再向老师求助（如果有老师的话），你就会觉得心安理得了。

Tuesday

题材：血型与性格

词数：331

建议阅读时间：6.5分

In the West , some people believe that personality can be predicted according to the time of the year the person was born . From China comes the belief that the year of birth influences one's personality . In the past century , a new belief has arisen : the idea that personality is related to one's ABO blood type . People with blood type A , for example , are considered more likely to be serious , hard-working , and quiet , while people with blood type O are likely to be popular and outgoing , yet often unable to finish what they start . Though this belief continues to be strong , some people question whether it is true .

The blood-type personality theory started in Japan in 1927 when Furukawa Takeji noticed personality similarities and differences among his workers . The idea soon went out of fashion , but was brought back by a Japanese television host in the 1970s . The belief is still strong in Japan and is increasingly popular in neighboring countries . Some young Koreans have taken to the theory . A recent study showed 76 percent of Koreans aged between 13 and 64 believing in the blood-type personality connection . Though most Asians might believe in the blood-type theory , for many it seems harmless and not something to be taken too seriously .

There is also the possibility that people are influenced to change their personality to match the expected stereotypes . A survey of studies made in Japan over a 10-year period found that while in the 1970s there was no relationship between blood type and personality , later studies in the 1980s found that the relationship increased a little . Researchers concluded that as the

belief in the stereotypes increases , people may be changing their personality to follow the blood-type theory .

Is the belief true ? The scientists in Asia largely dismiss the belief as a modern-day superstition . Most studies have failed to find any strong connection between blood and personality . Generally , scientists warn against making predictions or important decisions based on this questionable theory .

生词

personality *n* . 性格 , 个性 : Dotty was a smart , good-looking 17-year-old with a lively personality . 多蒂17岁 , 聪明、漂亮且性格活泼。

stereotype *n* . 模式化的东西 , 陈规 : Lee does not fit the stereotype of a district attorney . 李和一般人印象中的地方检察官形象有所不同。

dismiss *v* . 拒绝认真考虑 : Richards dismissed criticism that the Red Cross has not educated the public about AIDS . 有人批评红十字会没有对公众进行有关艾滋病的教育 , 对此理查兹不予理会。

modern-day *adj* . 现代的 , 当代的 : Gilliam's movie is a modern-day fairy tale . 吉列姆的电影是一部现代童话。

superstition *n* . 迷信 : Believing that the number 13 is unlucky is typical of superstition . 相信13是不吉利的数字 , 这是典型的迷信。

questionable *adj* . 有问题的 , 可疑的 : It is questionable

whether we will finish this in time . 我们能否按时完成还是个问题。

阅读上面的短文，选择正确答案。

1 . The writer uses blood type A and O as an example to explain ____ .

- A . the difference between the two blood types
- B . the relationship between the two blood types
- C . the influence of blood type on one's behaviour
- D . the connection between personality and blood type

2 . What does the underlined sentence in Paragraph 2 mean ?

- A . It was lightly believed .
- B . It was brought to them .
- C . They liked and accepted it .
- D . They stole the idea from others .

3 . Which of the following is true according to the passage ?

- A . Most scientists in Asia don't believe in the theory .
- B . The blood-type theory began in Japan in the 1970s .
- C . The blood-type personality theory is about blood type .
- D . People don't change their personality to match the theory .

4 . What is the best title for the passage ?

- A . Is the Blood-type Theory Popular ?
- B . Is the Personality Changeable ?
- C . Is It in Your Blood ?

参考译文

在西方国家，有些人相信人的性格可以根据他的出生日期进行预测。而在中国，这种理论则表现为出生年份会影响人的性格。在上个世纪，已经有一种新的说法产生：人的性格和血型有关。比如，A型血的人可能表现为严肃、工作努力和安静。而O型血的人可能更有人缘，比较外向，但常常不能善始善终。尽管这种观念依然根深蒂固，但还是有人对其真实性表示怀疑。

血型影响性格的理论出现于1927年的日本，当时古川竹二注意到自己员工身上存在着某些共同点和不同点。但这种理论很快就过时了。可到了20世纪70年代，日本的一位电视节目主持人又将该理论重新翻出。现在，这种观念在日本依然有很强的影响力，而且在日本的邻国逐渐流行开来。一些年轻的韩国人已经认可了这个理论。一项最近的研究表明，13到64岁的韩国人中，有76%的人相信血型和性格之间存在联系。不过，大部分亚洲人可能是相信这种理论的，因为对其中的许多人来说，这一理论似乎无害，而且也不需要过于当真。

还有一种可能是人们受到了这一理论的影响，他们改变性格以迎合预期中的固有模式。日本的一项为期10年的调查表明：20世纪70年代血型和性格之间没有联系，但到了80年代，它们之间却产生了某种联系。研究人员得出的结论是，随着人们越来越相信血型与性格间的固有模式，人们会改变自己的性格来迎合所谓的血型理论。

这个理论是否是真的呢？亚洲的科学家大多将这种理论归为现代版迷信。大部分研究都未能发现血型和性格之间存在明显的联系。总之，科学家反对基于这种值得怀疑的理论去做预测或重大决

定。

Wednesday

题材：历史事件 词数：173 建议阅读时间：3.5分钟

During the first half of the nineteenth century much thought was given to building the Panama Canal . The discovery of gold in California in 1848 brought an increased demand for transport across Panama . A railway was completed after six years of hard labour in the forests . Over two thousand workers died from yellow fever and malaria .

In 1881 a French company tried to build a canal across the Isthmus (a narrow piece of land with water on both sides , that connects two larger areas of land) . For eleven years workers struggled against heat and diseases . At least 15 , 000 died before the French gave up their efforts to build the canal . For years the machinery lay in the forests .

At the close of the Spanish-American War the United States bought a piece of land ten miles wide across the Isthmus . Attention was immediately given to the control of diseases . In two years yellow fever had completely disappeared . Thanks to the work of American doctors and nurses , it was possible to build the splendid Panama Canal .

生词

machinery *n.* (尤指大型的) 机器, 机械: We've come

to depend on labor-saving machinery . 我们开始依靠起了节省劳力的机械。

splendid *adj* . 壮观的 , 辉煌的 : a splendid view of the pyramids 金字塔壮观的景色

阅读上面的短文 , 选择正确答案。

1 . Before the successful completion of the Panama Canal ,
_____ .

- A . France bought a piece of land across the Isthmus of Panama
- B . malaria stopped being a killer of disease
- C . one country failed in its efforts to build a canal there
- D . American doctors were honoured for their work

2 . The building of the Panama Canal shows _____ .

- A . man is able to fight against diseases
- B . man's great enjoyment of danger
- C . man's need for progress
- D . man's spirit of invention

3 . America's first action was to _____ .

- A . start a war with the Spanish
- B . buy new machinery from the French
- C . build hospitals
- D . prevent illness

4 . How long did it take to build the first type of transport across Panama ?

- A . Eleven years .
- B . Six years .
- C . The first half of the 19th century .
- D . Four years .

参考译文

19世纪上半叶，人们为修建巴拿马运河花费了许多心思。1848年，加利福尼亚金矿的发现使得横跨巴拿马的运输问题变得更为迫切。在历时6年艰苦的丛林劳动后，一条铁路被修建了出来，但2000多名工人却因黄热病和疟疾而丧命。

1881年，一家法国公司尝试修建一条横穿地峡（海洋中连接两块较大陆地的狭窄陆地）的运河。在修建运河的11年间，工人们努力对抗炎热和疾病。在法国人最终放弃修建运河的计划前，至少有15000人丢掉了性命。修建运河的器械在丛林中被荒置了许多年。

美西战争结束后，美国买进了一块十英里宽的横跨地峡的土地。疫情控制的问题立即得到重视，此后的两年间，黄热病被彻底根除。多亏了美国医生和护士们的努力，修建雄伟的巴拿马运河才成为可能。

Thursday

题材：战争故事 词数：300 建议阅读时间：6分钟

The soldiers had just moved to the desert , and as they had never been in such a place before , they had a lot to learn .

As there were no trees or buildings in the desert , it was , of course , very hard to hide their trucks from enemy planes . The

soldiers were therefore given training in camouflage , which means ways of covering something so that the enemy cannot see where it is . They were shown how to paint their trucks in irregular patterns with pale green , yellow , and brown paints , and then to cover them with nets to which they had tied small pieces of cloth .

The driver who had the biggest truck went to a lot of trouble to camouflage it . He spent several hours painting it , preparing a net and searching for some heavy rocks with which to hold the net down . When it was all finished , he looked proudly at his work and then went off to have his lunch .

But when he came back to the truck after he had had his meal , he was surprised and worried to see that his camouflage work was completely spoilt by the truck's shadow , which was growing longer and longer as the afternoon advanced . He stood looking at it , not knowing what to do about it .

Soon an officer arrived , and he too saw the shadow , of course .

“Well , ”he shouted to the poor driver , “what are you going to do about it ? If an enemy plane comes over , the pilot will at once know that there is a truck there . ”

“I know , sir , ”answered the soldier .

“Well , don't just stand there doing nothing ! ”said the officer .

“What shall I do , sir ? ”asked the poor driver .

“Get your spade and throw some sand over the shadow , of

course ! ”answered the officer .

生词

camouflage *n . & v .* 伪装 : an expert in military camouflage一位军事伪装方面的行家

irregular *adj .* 不规则的 : The fields are irregular in shape . 这些田地的形状很不规则。

net *n .* 网 : set a net to catch wild ducks张网捕捉野鸭

spoil *v .* (**spoiled** 或 **spoilt**) 破坏 : I really hope it doesn't rain—that would spoil everything . 我真的不希望下雨 , 那会毁了一切。

spade *n .* 锹 , 铲 : Rich treasures await their spades . 大量的珍宝等待着他们去发掘。

阅读上面的短文 , 回答问题。

1 . Where had the soldiers in this story just moved to ?

2 . Why did they have a lot to learn ?

3 . Why was it very hard to hide their trucks from enemy planes ?

4 . What were the soldiers given ?

5 . Who went to a lot of trouble to camouflage his truck ?

6 . How did he spend several hours ?

7 . What was he surprised and worried to see when he came back from his meal ?

参考译文

士兵们刚刚转移到沙漠，由于他们以前从未到过这样的地方，所以有很多东西要学。

沙漠中没有树木或建筑，要想把军车隐藏起来不被敌机发现显然是非常困难的。于是士兵们开始接受伪装训练，也就是把东西遮盖起来、不让敌人发现的方法。教官给他们演示了怎样用淡绿色、黄色和棕色油漆在军车上涂抹不规则图案，然后再用拴着小布条的网把卡车遮盖起来。

驾驶最大的那辆军车的司机费了很大劲给车作伪装。他花了几个小时刷漆、备网、并寻找沉重的石头将网压住。一切完成后，他自豪地看着工作成果，然后去吃午饭。

可当他吃完午饭，回到卡车那里时，却惊讶而忧虑地发现伪装

的成果完全被军车影子破坏了，原来随着时间的推移，影子越变越长。他站在那里看着，不知如何是好。

很快，一名军官来了，当然，他也发现了影子的问题。

“喂，”他对那位可怜的司机喊道，“你打算怎么办？如果敌机飞过来，飞行员立刻就能发现这里有一辆军车。”

“我知道，长官，”士兵答道。

“那你还站在那儿无所事事！”军官说。

“我该怎么办，长官？”可怜的司机问。

“当然是找把铁锹，用沙子把影子盖住。”军官答道。

Friday

题材：食品健康 词数：221 建议阅读时间：4.5分钟

The widespread number of food scandals in China is making many people pause before they put their chopsticks in their mouths . They are wondering if the food they are eating is clean , healthy and nutritious or does it contain something harmful that will cause disease ?

Most of the food we eat today is processed food . That means the foods we buy in stores and supermarkets , especially packaged foods , are prepared in factories . Chemicals are added to the foods in these factories to make them look better , taste better and last longer on the shelf . The chemicals are supposed to be harmless and there are laws that regulate which chemicals can and cannot be

used . Unfortunately , some producers do not obey the laws .

A producer of steamed buns in Zhejiang Province was recently discovered to be breaking the law . He was adding yellow dye and other banned chemicals to the buns . He was also taking old buns and using them to make new buns . Most of the buns were sold to schools and eaten by students...like you !

Why did he do it ? Why did he break the law and endanger people's health ? The answer is simple : he wanted to make more money . It was a moral failing , and this is at the heart of the food scandals in China . Too many people focus on making money and not on the effects their actions can have on others .

生词

scandal *n* . 丑闻 : They can't afford another scandal in the class . 他们可经不起班上再发生这类丑事了。

process *v* . 对.....进行加工 : processed cheese已经加工好的奶酪/the food processing industry食品加工业

regulate *v* . 控制 , 制约 : There are strict rules regulating the use of chemicals in food . 有严格的规定控制食物中化学制品的使用。

dye *n* . 染料 : There are dozens of different dyes to choose from . 有几十种染料可供挑选。

moral *n* . 道德 , 品行 : How can you cheat your own family like that ? Haven't you got any morals at all ? 你怎么能这样欺骗你的家人呢 ? 难道你一点道德都没有吗 ?

阅读上面的短文，选择正确答案。

1 . Chemicals are added to the foods in the factories because

—— .

A . they want to make the foods look better , taste better and last longer

B . they want to make the foods contain something harmful

C . chemicals will cause disease

D . chemicals are harmless

2 . According to the passage , which is NOT true ?

A . Most of the food we eat today is prepared in factories .

B . There are laws that regulate which chemicals can and cannot be used .

C . The food scandals in China are making many people worry about the food safety .

D . Most of the buns were sold to schools and eaten by students in Zhejiang Province .

3 . What's the Chinese meaning of the underlined words“*moral failing*” ?

A . 精神崩溃

B . 道德滑坡

C . 质量下降

D . 心理失衡

4 . What is the main reason of the food scandals in China ?

A . Some producers do not obey the laws .

B . The processed food is clean , healthy and nutritious .

- C . Too many people pay much attention to making money .
D . The chemicals are supposed to be harmless and can be used .

参考译文

在中国，各种各样关于食物的丑闻让很多人在把筷子送进嘴里之前都踌躇不已。他们不知道正准备吃的食物是否干净、健康、富有营养，是否含有致病的有害物质？

我们今天吃的大部分食物都是加工食品。也就是说，我们在商店和超市购买的食物，尤其是包装好的食品，都是在工厂里生产的。这些工厂会往食品里添加一些化学物质，以使它们的样子更好看，口感更美味，在货架上保存的时间更长。这些化学物品应当对人类无害，同时也有相关法律规定能够使用和不能使用什么样的化学物质。不幸的是，一些食品生产者并不遵守这些法律。

最近（执法者）发现浙江省的一家馒头生产商违反了法律规定。他往馒头里添加黄色染料和其他违禁的化学物质。他还一直用没卖出的馒头制作新馒头。大部分馒头都被卖往学校，被学生吃掉……都是像你们这样的孩子！

他为什么要这样做呢？他为什么要触犯法律，置人们的健康于不顾呢？答案很简单：他想赚更多的钱。这是一种道德沦丧，同时也是中国食品丑闻的核心问题。太多的人只关注如何赚钱，却不考虑自己的行为对他人的影响。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

context	superstition	splendid	net	spade
scandal				

() 1 . material that is made of long pieces of string , thread , etc that are tied together , with spaces between them

() 2 . a tool used for digging

() 3 . an action that shocks people

() 4 . the words surrounding a particular word that help to give it its meaning

() 5 . a belief that things such as magic or luck have the power to affect your life

() 6 . very good ; wonderful

轻松一刻

幽默故事

The coach commands the players , “Right turn ! Left turn ! About turn ! Forward march ! ...” One of the players leaves the line shrugging his shoulders . “And where are you off to ? ”

“I've had enough ! You don't know yourself what you want ! You've changed your mind a dozen times in a few minutes . ”

参考译文

教练命令队员：“向右转！向左转！向后转！齐步走！……”一名队员耸耸肩膀，离开了队列。“你要去哪里？”

“我已经受够了！你都不知道自己要干什么！几分钟时间你已变了好多次主意。”

第10周

(答案参见此处)

Monday

题材：成长故事 词数：350 建议阅读时间：7分钟

It's not easy to be an astronaut's son . Everybody expects you to be special or perfect . I often wonder how my father ever had a son like me . I mean he's so special and so good at everything he does . Even in middle school he was class president and captain of the football team .

Well , to be honest , I often dream about being some kind of hero or doing something special—like saving a child from a burning building or discovering a new star . I was daydreaming at school one morning when my teacher said there would be a Father's Day writing competition for the whole school . “I hope we have a winner right here in my class . ”

When I got home , I started to think about what to write . My father is an astronaut . No , I wouldn't start like that . That was the way others saw him . How did I see my father ? Hmm .

I saw him sitting with me in the dark when I had a terrible dream . I remembered how he hugged me for hours when my dog Spotty was killed by a car . Yes , these were the things I was going to write . To me , he wasn't just a world-famous astronaut . He was

my dad .

My parents and I went to school Thursday night . There were so many people in the big hall ! My dad looked at me , and I shrugged .

The third prize was announced and it was not me . I was relieved and disappointed at the same time . The second prize was announced . It was me .

I went up to the stage and read what I had written . “My Father's Son” . When I finished , the people stood up and cheered . I saw my father blowing his nose . Tears were running down my mother's face . Dad cleared his throat and put his hand on my shoulder . “Son , this is the proudest moment of my life . ”

It was the proudest moment of my life , too . Maybe I'll never be a great hero or win a Nobel Prize , but it was enough just to be my father's son .

生词

shrug *v* . 耸肩 : He just shrugged and gave no answer . 他只是耸了耸肩 , 没有回答。

relieved *adj* . 宽慰的 , 释然的 : Irene seemed relieved to find out the truth . 艾琳知道事情真相后似乎很宽慰。 || **relieve** *v* . 减轻 (痛苦或不适) : Your headaches can easily be relieved by regular aspirin . 按时吃阿司匹林 , 你的头疼就很容易得到缓解。

阅读上面的短文，选择正确答案。

1 . The writer felt it ____ to be the son of a famous person .

- A . lucky
- B . natural
- C . hard
- D . pleasant

2 . In order to ____ , the writer would like to save a child from a burning building .

- A . become an astronaut
- B . become a great hero
- C . be made school team captain
- D . be made class president

3 . What did the boy probably write in his composition ?

- A . A lot of special things he had done .
- B . The story of his father as an astronaut .
- C . The unforgettable time he spent with his father .
- D . The experiences his father had in middle school .

4 . The writer felt proud when he ____ .

- A . got a prize in a writing competition
- B . won a Nobel Prize
- C . saved a child from a burning building
- D . discovered a new star

5 . What is the best title for the passage ?

- A . My Daydream
- B . My Father's Son
- C . My Famous Father
- D . My Happy Family

参考译文

做一名宇航员的儿子并非易事。每一个人都期望你与众不同或完美无缺。我经常怀疑父亲怎么会有我这样的儿子。我的意思是他如此出众，且在所从事的任何事情上都游刃有余，甚至在中学时他还做过班长和足球队的队长。

老实说，我常常梦见自己成为英雄或做出与众不同的事情，比如从燃烧的大楼中解救一名儿童，或发现一颗新的恒星。一天早晨，我正在学校胡思乱想，老师说学校将组织一次全校性的父亲节写作比赛，并说：“我希望我们班能有获奖者。”

到家后，我开始思考写些什么。父亲是一位宇航员，不，我不会从这个角度下笔。这是别人眼中的他，而我如何看待自己的父亲？嗯（，就从这个角度来写）。

当我从噩梦中惊醒，我看见他在黑暗中坐在我身旁；我记得当我的小狗“斑点”被汽车撞死后，他如何抱着我好几个钟头。对，这些才是我要写的内容。对我来讲，他不仅是一位举世闻名的宇航员，更是我的父亲。

周四晚上，父母和我一起去了学校。宽敞的大厅里挤满了人。父亲看着我，我耸了耸肩。

第三名揭晓了，不是我。我深深地松了口气，同时有些失望。第二名揭晓了，获奖者正是我。

我走上讲台，朗读了我的作文——《我父亲的儿子》。读完后，人们起身为我欢呼。我看见父亲正抽着鼻子，母亲脸上淌着热泪。父亲清了清嗓子，用手拍拍我的肩膀说：“儿子，这是我一生中最骄傲的时刻。”

这也是我一生中最骄傲的时刻。也许我不会成为伟大的英雄或获得诺贝尔奖，但能成为父亲的儿子，这就足够了。

Tuesday

题材：人物对话 词数：175 建议阅读时间：3.5分钟

Man : This chicken is delicious . The stuffing is good , too . Of course , I can taste the spices in it , but there is something else I cannot quite identify .

Woman : Well , since you are such a special guest , I will tell you my secret . It is cooked in wine . I have never tried that before . I took the recipe from the August issue of *Gourmet Magazine* (《美食家杂志》) . You should write the recipe down if you like it so well .

Man : Those stuffed eggs were intriguing too . What was in them ?

Woman : *Taro* (芋头) .

Man : *Taro* , where did you get that ? I don't even know what taro is .

Woman : Oh , it's a kind of herb , which you simply won't find in the supermarket . You have to grow it . I got this from my

daughter . Just wait till you see the dessert . Here it is .

Man : That is very attractive . You must have spent hours preparing it .

Woman : Actually , it took less than half an hour .

Man : Now we all know you are a super cook .

生词

stuff v. 把.....填满；把填料塞入（鸡、鸭等肚内）：The cook stuffed the chicken with sausage meat . 厨师把香肠塞入鸡肚内。||**stuffing n.** 填料，填充物：We had a turkey and stuffing . 我们吃了一只火鸡，还有其中的填料。

spice n. 香料，调味料：a spice jar 一个调味品罐

identify v. 辨认，辨别：She identified the car as her father's . 她认出那辆汽车是她父亲的。

recipe n. 菜谱，食谱：Give me your recipe for cookies . 请把做饼干的食谱给我。

intrigue v. 激起兴趣，使着迷：Fairy tales intrigue most children . 童话能使大部分儿童感兴趣。||**intriguing adj.** 引起兴趣的，使人着迷的：The book's intriguing title caught my attention . 这本书有趣的书名引起了我的注意。

阅读上面的短文，选择正确答案。

1 . What is the man doing ?

- A . He is eating at a famous restaurant .
- B . He is eating dinner at a friend's house .
- C . He is eating with a friend at a restaurant .
- D . He is eating at the home of a famous cook .

2 . What was unusual about the chicken ?

- A . It was cooked in wine .
- B . It was raw .
- C . It was cooked with stuffing .
- D . It was cooked with taro .

3 . What did the guest say about the dessert ?

- A . He said it looked ugly but tasted good .
- B . It smelled terrible .
- C . He said that it must have been easy to prepare .
- D . He said that it must have taken hours to prepare .

4 . Why were the stuffed eggs intriguing ?

- A . They were stuffed with taro .
- B . They were stuffed with salad dressing .
- C . They were hard boiled .
- D . They were cooked in wine .

参考译文

男士： 鸡肉很好吃，填料也很棒。当然，我能尝出里面的调味汁，但有些东西我不敢肯定是什么。

女士： 既然你是稀客，我就告诉你我的秘密。鸡肉是放在酒里

煮的。以前我从未试过这个方法。我是从《美食家杂志》8月号刊上得到的菜谱。如果你很喜欢这道菜，可以把菜谱抄下来。

男士： 这些有馅的鸡蛋也很吸引人。里面是什么东西？

女士： 芋头。

男士： 芋头，你从哪里买的？我甚至不知道芋头是什么东西。

女士： 哦，它是一种草本植物，超市里是无法找到的。你得自己种。我的芋头是从女儿那里拿的。再等一会儿，你就可以看到甜点。甜点来了。

男士： 样子很吸引人。你一定花了很多时间准备。

女士： 实际上只花了不到半个小时。

男士： 现在我们都知道你是个超级大厨了。

Wednesday

题材：提升读写能力 词数：265 建议阅读时间：5.5分钟

Helping your children to read and write at home will improve their skills and confidence—it will also make them get ready for learning in the classroom environment .

are needed by every child in every subject in every year of their life in or outside school . Students who improve their reading and writing skills will increase their vocabulary and their ability to use the English language correctly . As parents , you can play an

important role in improving your children's literacy . You can make a difference by listening , asking questions , giving information , and reading with your children outside school hours .

Here are 8 tips on how to help your children to read and write :

- having everyday conversations with your children
- trying to ask more“wh-”questions instead of easy“yes”or“no”questions
- encouraging your children to talk about events you don't know
- reading to your children each night
- listening to your children read
- teaching your children how to use dictionaries
- talking about your children's writings
- practicing filling in forms , writing letters , sending cards or emails

You can also encourage your children to join the Reading Challenge Club and discuss the books they are reading together . In the club , children must read 15 books from the Challenge book list and 5 more books chosen by themselves . There are over 1 , 000 books on the list . The reading must be done in one year . What's more , it is a wonderful way to help your children to write . For example , you can encourage them to write diaries or book

reviews . Remember to make positive comments as much as possible .

生词

literacy *n* . 读写能力 : The program is designed to promote literacy in the community . 该项目旨在提高公众的文化水平。

comment *n* . 评论 : There was no comment about the incident in the press . 对此事件报刊无评论。

阅读上面的短文，选择正确答案。

1 . This passage is mainly written for ____ .

- A . children
- B . teachers
- C . parents
- D . doctors

2 . ____ is the best for the missing part in Paragraph 2 .

- A . “Listening and speaking skills”
- B . “Reading and writing skills”
- C . “Listening and writing skills”
- D . “Reading and listening skills”

3 . ____ is NOT mentioned in the 8 tips above .

- A . “Listening to the radio every day”
- B . “Listening to your children read”

- C . “Reading to your children each night”
- D . “Talking about your children's writings”

4 . In the Reading Challenge Club , children have to read ____ in one year .

- A . 5 books
- B . 10 books
- C . 15 books
- D . 20 books

5 . Parents can help children to write by encouraging them to ____ .

- A . draw pictures or take photos
- B . listen to pop music
- C . write diaries or book reviews
- D . play computer games

参考译文

在家辅导孩子读书写作，能帮助他们增强能力，树立信心，还能为课堂学习做好准备。

对每个孩子来说，无论学习哪门课程，无论是在校内还是校外，读写能力都是贯穿生命始终的、必不可少的东西。增强读写能力可以扩大词汇量，增强正确使用英语的能力。作为父母，你们在提高孩子读写能力方面发挥着重要的作用。孩子不上学的时候，只要你们乐于倾听、勤于发问、循循善诱，和他们共同学习，就能让他们有所改变。

下列8条建议是关于怎样帮助孩子提升读写能力的：

- 每天与孩子交谈

- 多问是什么、为什么之类的问题，而不是简单的“是”或“非”之类的问题

- 鼓励孩子对你不知道的事情畅所欲言

- 每晚读书给孩子听

- 听孩子读书

- 教孩子用词典

- 点评孩子的作文

- 让孩子练习填表、写信、寄贺卡、发电子邮件

你还可以鼓励孩子加入阅读挑战俱乐部，与其他小朋友一起讨论看过的书。在俱乐部里，每个小朋友都要独自从挑战书单上挑出15本，再另选5本作为必读书目。挑战书单上共有1000多本书可选。选好的20本书必须在一年内读完。此外，这还是帮助孩子提升写作能力的绝好机会。比如，你可以鼓励他们记日记或写书评。记住：要尽量给孩子积极的评价。

Thursday

题材：历史事件

词数：267

建议阅读时间：5.5分钟

In the years of 1095-1450, many large armies were sent to the Middle East by European countries. They carried banners with a cross on them. These long journeys were called “crusades”. Many of the crusades started from the French port of Marseilles.

In the early years of thirteenth century , a French boy named Stephen led a strange crusade of his own . He went to Paris to see King Philip II . The boy said the Christ had sent him a letter , calling on him to organize a crusade of children . Philip II rightly refused to help , so Stephen started to walk to Marseilles . He said that when he reached the coast , the sea would disappear so that the children could walk to Jerusalem . It is said that as many as thirty thousand children joined him on the long march to the port . At that time the south of France suffered from drought and crop failures . Thousands of children did not survive the hardships , and died before they even reach the coast .

At Marseilles , the remaining children were disappointed when the Mediterranean continued to wash the French coast as usual . Finally two traders put them on board seven small ships . The children believed that they were going eastwards . In fact , the ships sailed to the south . Two ships sank in a storm but the other five reached the North African coast .

When the children left the ships in Algeria , they were immediately sold to Arab and African traders as slaves . Not a single child reached Jerusalem , and only one managed to return to France , nearly twenty years later .

生词

banner *n* . 旗帜 : They planted the red banner on the mountain top . 他们把红旗插上了山顶。

crusade *n* . [常作Crusade] 十字军东征

rightly *adv.* 正确地，明智地：It was a vicious foul, and the referee rightly sent him off. 这是个恶意犯规，裁判理所当然地把他罚下了场。

march *n.* 行军，行进：Scouts were sent out to discover the enemy's line of march. 侦察员已被派出去侦察敌人的行军路线。

drought *n.* 干旱：The crops died during the drought. 干旱期间庄稼都枯死了。

hardship *n.* 苦难：I would rather have hardship like that than be taken care of by others. 我宁愿受那样的苦，也不愿被别人照顾。

阅读上面的短文，选择正确答案。

1. "Philip II rightly refused to help..." The use of the word "**rightly**" here suggests that the writer ____.

- A. did not agree with what Stephen had said to Philip II
- B. thought that the King was not very helpful
- C. thought that the King was wrong in refusing to give help
- D. wanted the King to help Stephen

2. Why did Stephen lead the children towards Marseilles?

- A. This was the only port on the French coast.
- B. This was the place from which ships often left for the east.
- C. He knew that ships were waiting for the children there.
- D. The letter told him to go to this place.

3 . Many of the children died in France ____ .

- A . because they were too tired to walk
- B . because the ships were uncomfortable
- C . through lack of food and water
- D . because they were sold as slaves

4 . At Marseilles , the children were upset because ____ .

- A . the sea did not dry up
- B . the ships were very small
- C . they knew that they were going to be sold as slaves
- D . there were only a few left

5 . The traders who owned the seven ships ____ .

- A . were kind and helpful
- B . helped the children to go to Palestine
- C . probably made a lot of money
- D . cheated the Algerian children

参考译文

从1095年到1450年，欧洲国家向中东派遣了很多支庞大的军队。这些军队的士兵都扛着带有十字形的旗帜，所以这些漫长的行军又被称作“十字军东征”。很多十字军东征时都是从法国的港口城市马赛出发的。

在13世纪早期，一个叫史蒂芬的法国男孩统率了一支奇怪的十字军。他来到巴黎觐见国王菲利普二世。男孩说基督曾给过他一封信，要求他组建一支由孩子组成的十字军。菲利普二世当然拒绝提供帮助。于是史蒂芬开始徒步向马赛进发。他说，当他到达马赛海

岸时，大海就会消失，这样，他的童子军就能走到耶路撒冷了。据说有多达三万名儿童加入了这场远赴马赛港的长征。那段时间，法国南部正饱受干旱之苦，庄稼几近绝收。所以数千名儿童未能经受得住苦难的折磨，在到达海岸前就丧失了生命。

到达马赛 after，余下的孩子们失望地发现地中海的海水依旧冲刷着法国的海岸线。最后，两名商人将他们安置在七艘小船上。孩子们以为他们正向遥远的东方进发。实际上，此时船队正向南驶去。航行过程中，两艘船只在暴风雨中沉没，其余五艘最终抵达了北非。

当孩子们在阿尔及利亚弃船登陆后，他们立刻就被卖给了阿拉伯和非洲的奴隶贩子们。没有一名儿童抵达耶路撒冷，只有一人设法返回法国，那也是近二十年后的事了。

Friday

题材：名人生平 词数：292 建议阅读时间：6分钟

Frankenstein is one of the world's most famous horror stories . It's about a doctor who creates a new man from the body parts of dead people and brings it to life . But the experiment goes wrong and the monster kills the doctor and many others . The story has been read by millions since it was first published and in the last hundred years it has been made into dozens of movies . Many people are surprised to learn its writer was a 19-year-old woman , called Mary Shelley .

Mary was born into a rich London family in August 1797 . She was educated by her parents and when she was 13 she decided to

become a writer . In 1812 , she met the famous writer Percy Shelley and they soon got married . Sadly for Mary , their first child died soon after birth in Italy . In her diary , Mary wrote about a dream : “I dreamt that my little baby came to life again—that it had only been cold and that we rubbed it before the fire and it lived . ”

In 1816 , Percy Shelley and 19-year-old Mary visited the poet Lord Byron at his home in Switzerland . Because of the bad weather they stayed indoors reading horror stories . One night , Byron asked everyone to write their own story . Mary thought of her dream and wrote the story *Frankenstein* .

Frankenstein was published when Mary was 21 , and became a huge success . Many people didn't think a 19-year-old woman could write so well and believed her husband was the real writer .

Although famous , Shelley's life was full of sadness . Only one of her four children lived and in 1822 her husband died in a swimming accident . Mary was broken-hearted and decided not to marry again . She devoted herself to her child and continued to write until her death in 1851 .

生词

horror *n* . 恐怖 : When I had read it I was filled with horror . 我读完后心中充满恐惧。

monster *n* . 怪兽 : She dreamt that terrible monsters with flaming eyes and sharp teeth were chasing her . 她梦见眼睛火红、牙齿锐利的怪兽在追她。

阅读上面的短文，选择正确答案。

1 . What do we know about the story *Frankenstein* ?

- A . It was really written by Mary Shelley's husband .
- B . It has been read by millions of people .
- C . It was written to remember Shelley's husband .
- D . It is the most famous story in the world .

2 . Where was Mary Shelley when she wrote the story *Frankenstein* ?

- A . In England .
- B . In Italy .
- C . In Switzerland .
- D . In France .

3 . In which order do the following take place ?

- a . Bad weather made everyone stay indoors reading horror stories .
- b . The story *Frankenstein* was first published .
- c . Mary wrote about a dream in her diary .
- d . Mary met the famous writer Percy Shelley .
- e . Movies based on the story of *Frankenstein* were made .

- A . a , c , b , e , d
- B . d , c , a , b , e
- C . c , a , b , d , e
- D . b , a , d , c , e

4 . How old was Mary Shelley when she died ?

A . 43 .

B . 48 .

C . 51 .

D . 54 .

5 . What can we learn about Mary Shelley from this passage ?

A . She experienced a lot of sadness in her life .

B . She wasn't considered a good writer during her life .

C . She was educated at her local school .

D . She became very rich because of the story *Frankenstein* .

参考译文

《弗兰肯斯坦》是世界上最著名的惊悚小说之一。故事梗概是这样的：一名医生用死人身上的器官创造了一个新人，并赋予他生命。但实验出了问题，这个怪物杀死了医生和许多其他人。这部小说首次出版后，读者达数百万之多。过去的一百年中，它还被拍成很多部电影。许多人惊讶地发现，它的作者只是一名19岁的女士，名叫玛丽·雪莱。

玛丽于1797年8月出生在伦敦一个富有的家庭。她是在父母的教育下成长的。13岁时，她立志成为一名作家。1812年，她遇见了著名作家珀西·雪莱，不久便结了婚。让玛丽伤心的是，他们的第一个孩子在意大利出生后不久就夭折了。在日记中，她曾这样写下自己的梦境：“我梦见自己的孩子又复活了——只是他的身体有些冷，我们把他放在火前擦拭，之后他复活了。”

1816年，珀西·雪莱和19岁的玛丽到诗人拜伦勋爵位于瑞士的

家中拜访他。由于天气很差，他们便待在室内阅读恐怖小说。一天晚上，拜伦要求每个人写下自己的故事。玛丽想起她做过的梦，便写下了《弗兰肯斯坦》这部小说。

《弗兰肯斯坦》出版时玛丽才21岁。该书取得了巨大成功。很多人认为一个19岁的女士不可能写得这么好，并认为她丈夫才是真正的作者。

尽管享有盛名，但雪莱的生活却充满了悲剧。她的4个孩子只有一个活了下来。1822年，她丈夫在一场游泳事故中去世。玛丽伤心欲绝，决定终身不再结婚。她全心全意照顾自己唯一的孩子，并继续创作直至1851年去世。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

shrug	relieved	stuff	recipe	comment	banner
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() 1 . a flag

() 2 . a set of instructions for cooking or preparing a particular food

() 3 . happy and relaxed because something bad has not happened , or because a bad situation has ended

() 4 . to move your shoulders up and let them drop to

show that you do not know something or do not care

() 5 . to fill meat or vegetables with small pieces of another type of food

() 6 . a statement that expresses a personal opinion or belief

轻松一刻

幽默故事

A well-dressed man with a suitcase *hailed* (招呼) a cab in New York City and asked to be taken to Times Square , which was only a few blocks away . The trip took a long time and after the cab passed the same buildings for the fourth time , the passenger said , “Hey ! What's the big idea ? This trip should have taken ten minutes not two hours . ”

“Sorry , ”apologized the cabby , “but it's your own fault . Why do you go around dressed like a tourist when you're really a native New Yorker ? ”

参考译文

一位衣冠楚楚、手拎提箱的男士在纽约街头招了一辆出租车，要求司机带他去仅有几个街区距离的时代广场。这段路走了很长时间，当出租车第4次经过同一栋建筑时，乘客发话了：“嘿！你打的什么主意？这段路应该只要10分钟而不是两小时。”

“对不起，”司机道歉说，“不过这是你的错。为什么你明明是本地人，却打扮得像游客一样到处走？”

第11周

(答案参见此处)

Monday

题材：谚语来源 词数：167 建议阅读时间：3.5分钟

“Getting the cold shoulder” means that someone is acting in a way that makes you feel unwanted. The very words create a picture: You can imagine a friend turning away so that, instead of a warm greeting, you receive only his shoulder—a “cold” shoulder.

But there is another explanation for this expression that concerns a very different kind of shoulder. A shoulder is also a cut of meat sold by a butcher. Years ago in France, the owner of a household would make a visitor welcome by serving him the best meat in the house. This was, of course, freshly cooked meat—warm meat. But even in those days, some guests stayed on until they were no longer welcome. The polite host did not want to tell his guest to leave, and so he had to think of another way to communicate this idea. What better way could he do this than by the meat he served? So he gave the long-staying guest the “cold shoulder”.

生词

get the cold shoulder 受到冷遇: We kept getting the

cold shoulder from our neighbours these days , because of the argument we had last week . 因为上周的一次争吵 , 这些天来 , 我们一直受到邻居的冷眼。

阅读上面的短文 , 选择正确答案。

1 . Today the expression "**getting the cold shoulder** " means ____ .

- A . being treated rudely by paying no attention to you
- B . greeting you friendly
- C . greeting you by rubbing shoulders with you
- D . feeding you cold meat

2 . A shoulder not only is a part of the human body but also is ____ .

- A . a warm piece of meat
- B . a cold piece of meat
- C . a particular cut of meat
- D . a friendly greeting

3 . Years ago in France , the owner of a household made a guest feel welcome by ____ .

- A . asking him to stay for a very long time
- B . serving him the best meat in the house
- C . telling him to leave
- D . serving cold meat

4 . If a guest outstayed , the polite host ____ .

- A . told him to leave
- B . pushed him bodily out the door
- C . asked him not to come back
- D . served him a piece of cold meat

5 . According to this selection , the expression“getting the cold shoulder” ____ .

- A . comes from America
- B . may have come from France
- C . comes from England
- D . comes from a butcher shop

参考译文

“遭遇冰冷的肩膀”(编者注:这里是对“getting the cold shoulder”的字面直译)是指某人的行为方式令你感到自己不受欢迎。这些单词勾勒出一幅画面:你可以想象,一位朋友非但没有热情接待你,反而转过身去,你接触到的仅是对方冰冷的肩膀。

但是,对这个短语还有另一种解释,说的是完全不同的肩膀。这个“肩膀”指的是屠夫卖出的一块肉。很久以前的法国,主人为了欢迎客人的到访,会在家里用最好的肉招待客人。当然,这些肉是刚刚出锅的、热乎乎的。但即使在那个年代,也有些客人待在那里迟迟不走,直到他们不再受欢迎。礼貌的主人不想直接赶他们走,于是想出另外一种传达意思的方法。有什么东西能比款待客人的肉更好地传达这种意思呢?于是主人就用冰冷难吃的带肩前腿肉招待长时间停留的客人。

Thursday

题材：动物习性

词数：161

建议阅读时间：3分钟

When the weather becomes cold in the fall of the year , turtles go into hibernation . They bury themselves in mud at the bottoms of streams or ponds where temperatures range between 35 °F and 50 °F . Turtles remain in an unconscious state for the duration of the winter . During this time the rate of their life processes slows down greatly . They require very little food and are nourished only by the fat that has been stored in their bodies during the warm season .

Rescuing a hibernating turtle from the cold out-of-doors and placing it in a warm basement can lead to its death by starvation . Basement temperatures , which usually range between 55°F and 60°F , will speed up the turtle's life processes , causing it to breathe more rapidly and to use up more fat . Because the turtle has stored only enough fat to maintain its bodily processes at the lower rate , it may starve to death if it is not warmed enough to awaken and eat .

生词

duration *n* . 持续（时间）：Thus ended a journey of fifty days' duration . 为期50天的旅行就此结束。

nourish *v* . 给……提供营养：Most plants are nourished by water drawn up through their roots . 大多数植物由根部吸收的水分提供营养。

rescue *v* . 营救：The firemen rescued three women from the burning house . 消防队员从着火的房屋中救出了三位妇女。

阅读上面的短文，选择正确答案。

1 . We can infer that a turtle will stop hibernating when ____ .

- A . the sun comes out
- B . the weather becomes warm
- C . the mud becomes too cold
- D . the oxygen supply increases

2 . A hibernating turtle requires ____ .

- A . extra oxygen but less food
- B . extra food but less oxygen
- C . less food and less oxygen
- D . extra food and extra oxygen

3 . During hibernation a turtle obtains nourishment by ____ .

- A . burrowing in the mud in search of food
- B . manufacturing its own food
- C . drawing upon its stored-up fat
- D . luring insects into its mud den

4 . Moving a hibernating turtle to a warmer place will always cause ____ .

- A . its refusal to take food
- B . its life processes to be speeded up
- C . it to awaken
- D . its death by starvation

5 . If a hibernating turtle is not warmed enough to be awakened , it may starve because ____ .

- A . its fat will be used up too quickly
- B . its rate of breathing will be increased
- C . its bodily processes will operate at a lower rate
- D . its fat alone cannot keep it alive

参考译文

当秋季到来、天气转冷时，乌龟开始进入冬眠。它们将自己埋在河流或池塘底部的泥浆里，那里的温度在35至50华氏度之间。在这段时期，乌龟会处于无意识状态，新陈代谢的速度大大减缓。它们几乎不需要什么食物，仅靠温暖季节中储存于体内的脂肪补给养分。

如果将一只正在寒冷户外冬眠的乌龟放进温暖的地下室，就可能导致乌龟饿死。地下室的温度通常在55到60华氏度之间，这将加快乌龟的新陈代谢，使其呼吸加速并消耗更多的脂肪。由于乌龟储存的脂肪仅够维持缓慢的新陈代谢，因此，如果天气没有暖和到使其苏醒并开始进食，它就有可能饿死。

Wednesday

题材：自然界 词数：185 建议阅读时间：3.5分钟

If we are observant , we can find that most of the flowers in nature are red , orange and yellow . If we have seen a black flower , it's a chance in a million . People have made a census to colours of more than four thousand kinds of flowers and discovered that only eight of them are black . Why are black flowers so rare ?

As we know , sunlight is formed by seven different coloured

lights . The wave length of each light changes , so the quantity of heat contained in each light changes too . Flowers , especially their petals , are very fine and gentle and easy to be harmed by high temperature . Black flowers can take all the light waves which cause the flowers to dry up in a high temperature . So black flowers can rarely survive sunlight . Whereas , red flowers , orange flowers and yellow flowers can protect themselves from sunlight by reflecting the red light , orange light and yellow light , each of which contains a large quantity of heat .

That is why red , orange and yellow flowers are very common in nature while black flowers are so rare .

生词

a chance in a million 百万分之一的机会，机会极少：You might get a seat on the train but it's a chance in a million . 在火车上你或许能找到一个座位，但希望十分渺茫。

census *n* . 统计，普查：She was stopped in her car at the exit for a traffic census . 在出口处她被拦下车接受一次交通普查。

petal *n* . 花瓣：rose petals 玫瑰花瓣

whereas *conj* . 但是，然而：Some praise him , whereas others condemn him . 有人赞美他，也有人谴责他。

阅读上面的短文，选择正确答案。

1 . Black flowers are so rare because ____ .

A . they are so weak that it's difficult for them to grow up

- B . there are no black flowers in the world
- C . the petals of black flowers are very delicate
- D . they can take in the light of all wave length which make the flowers dry up due to high temperature

2 . Which of the following sentences is NOT true ?

- A . People have found that only a few kinds of flowers are black .
- B . Flowers are easy to be harmed by very high temperature .
- C . Red , orange and yellow flowers can also absorb the light of all wave lengths .
- D . The black flowers can not protect themselves from sunlight .

3 . The red , orange and yellow light contains ____ .

- A . less heat than the other lights
- B . more heat than the other lights
- C . a great deal of heat
- D . a little heat

4 . “It's a chance in million”means ____ .

- A . it's common
- B . it's extremely rare
- C . it's lucky
- D . it's impossible

参考译文

如果我们留心的话，就会发现自然界中大多数花都是红色、橙

色和黄色的，看到黑色的花的概率只有百万分之一。人们对4000多种花的颜色做过统计，发现只有8种是黑色的。为什么黑色的花如此稀少呢？

我们知道，阳光是由7种不同颜色的光组成，每一种光的波长不同，其中包含的热量也不一样。而花，尤其是花瓣，极其娇嫩，很容易被高温灼伤。黑颜色的花能够吸收所有的光，这会使它在高温下干枯，因而很难在阳光下存活。相反，红色、橙色和黄色的花能反射相同颜色的光以保护自己，而这些光里都包含着大量的热。

这就是为什么红色、橙色和黄色的花在自然界如此普遍，而黑色的花如此稀少的原因。

Thursday

题材： 谚语典故 词数： 166 建议阅读时间： 3.5分钟

“Fingers were made before forks . ”When a person gives up good manners , puts aside knife and fork , and dives into his food , someone is likely to repeat that saying .

The fork was an ancient agricultural tool , but for centuries no one thought of eating with it . Not until the eleventh century , when a young lady from Constantinople brought her fork to Italy , did the custom reach Europe .

By the fifteenth century the use of the fork was widespread in Italy . The English explanation was that Italians didn't like eating food touched with fingers , “seeing all men's fingers are not alike clean . ”English travellers kept their friends in stitches while describing this ridiculous Italian custom .

Anyone who used a fork to eat with was laughed at in England for the next hundred years . Men who used forks were thought to be *sissies* (女人气的男子) and women who used them were called *show-offs* and *overnice* . Not until the late 1600's did using a fork become a common custom .

生词

stitch *n* . (肋部) 剧痛 : I feel a stitch in my side . 我感到肋部一阵剧痛。 || **in stitches** 捧腹大笑 , 大笑不止 : The comedian has us in stitches . 这个喜剧演员逗得我们捧腹大笑。

ridiculous *adj* . 滑稽的 , 可笑的 : She looks absolutely ridiculous in that hat . 她戴着那顶帽子看起来非常可笑。

show-off *n* . 爱炫耀 (或卖弄) 的人 : He is a terrible show-off . 他是个非常爱炫耀的人。

overnice *adj* . 过分讲究的 , 过分精细的

阅读上面的短文 , 选择正确答案。

1 . The custom of eating with a fork was ____ .

- A . brought to Europe from America
- B . begun when forks were first invented
- C . brought to Europe from Constantinople
- D . thought of by the Italians

2 . By the fifteenth century , forks were used ____ .

- A . all over Italy

- B . only in Constantinople
- C . by the kings and queens of Europe
- D . in England

3 . To English travelers in Italy , the use of forks seemed ____ .

- A . clever
- B . necessary
- C . good manners
- D . ridiculous

4 . The English thought that Italians used forks in order to ____ .

- A . imitate the people of the East
- B . keep their food clean
- C . impress visitors with their good manners
- D . amuse the English

5 . The use of forks became common in England ____ .

- A . at the same time as in Italy
- B . earlier than in any other European country
- C . about 600 years after forks came to Europe
- D . earlier than in Constantinople

参考译文

“手指先于叉子出现。”当一个人完全不顾及体面，把刀叉放在一边，用手抓起食物的时候，有人很可能会重复这句俗语。

叉子本是一种古老的农具，几个世纪以来，从未有人想过要用

它来吃东西。直到11世纪，来自君士坦丁堡的一位年轻贵妇把她的叉子带到了意大利，用叉进餐的风俗才传入欧洲。

到了15世纪，叉子在意大利得到了广泛使用。英国人的解释是，意大利人不愿吃手指碰过的东西，因为“他们发现，并不是所有人的手指都是干净的。”英国的旅行家在叙述这个滑稽可笑的意大利风俗时，总能让他们的朋友笑得前仰后合。

以后的几百年中，凡用叉进餐的人在英国均遭嘲笑。用叉的男人被认为脂粉气太重，女人则被指责为卖弄和过分讲究。直到17世纪后期，用叉进食才成为一种风俗。

Friday

题材：植物习性 词数：154 建议阅读时间：3分钟

Plants cannot live without water and light . The problem of water is most severe in the deserts . Some desert plants send their roots deep into the ground , to tap the water stored below , but the *cactus* (仙人掌 ; 复数形式为 *cacti*) usually has shallow roots . When it rains the cactus absorbs as much water as possible . It stores this water in its fleshy stems . Plants usually lose a lot of water by evaporation through their leaves . Therefore , desert plants have tougher leaves than other plants . Sometimes prickly spines cover these desert plants . Spines make the rate of evaporation slower .

All green plants must have light . Most trees and grasses grow best in full sunlight . But there are some plants that do not need much light . Full sunlight would kill them . For example , some

water plants grow 450 feet below the surface of the water . At that depth the light is weaker than that of the full moon .

生词

tap *v* . 开发 , 利用 ; 抽取 : He keeps a barrel of the local red wine in his cellar and taps off a couple of bottles every day . 他在酒窖里藏了一桶本地红葡萄酒 , 每天汲出两三瓶喝。

fleshy *adj* . 多肉的 ; [植] 肉质的 : a fleshy fruit 一种多肉的水果

stem *n* . 茎 : a plant that flowers on long stems 一种在长茎上开花的植物

evaporation *n* . 蒸发 : Evaporation takes place more quickly when there is wind or sunshine . 有风或阳光照射时蒸发速度较快。

prickly *adj* . 多刺的 ; 刺痛的 : prickly woollen underclothes 刺痛皮肤的羊毛内衣

spine *n* . (植物或动物的) 刺 : Hedgehogs and porcupines protect themselves with their spines . 刺猬和豪猪用刺来保护自己。

阅读上面的短文 , 回答问题。

1 . What is the use of the spines on the leaves of a desert plant ?

2 . If a plant sends its roots deep into the ground , why does it do so ?

3 . What kind of land do cacti grow in ?

4 . Do most plants grow better in the shade or in the light ?

5 . Is moonlight stronger or weaker than sunlight ?

参考译文

没有水和光，植物就无法生存。在沙漠地区，（缺）水是最严重的问题。有些沙漠植物把根深深扎入地底，以吸收储藏在下面的水分。但仙人掌的根通常很浅，下雨时它尽量吸收水分，并把水分储藏在肉质茎上。植物通常因叶子的蒸发作用而失去大量水分，所以沙漠植物的叶子比其他植物要坚硬些。有时候，这些植物上还布满了扎手的刺。刺能使蒸发的速度减缓。

所有的绿色植物都需要阳光照射。大多数树和草在光照充足的情况下长势最好。但也有些植物不需要太多光照。太多的光照反而会害死它们。比如有些水生植物生长在水面以下450英尺的地方。在那样的深度，光线比满月时的光还要弱。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

duration	nourish	census	show-off	tap	stem
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() 1 . an occasion on which government officials count the people who live in a country and record other information about them

() 2 . someone who tries to get attention and praise from other people by showing how clever they are

() 3 . to get a substance from a particular place or object

() 4 . the long thin central part of a plant from which the leaves and flowers grow

() 5 . the period of time during which something continues to happen or exist

() 6 . to give a person , animal , or plant the food and care they need to live , grow , and be healthy

轻松一刻

幽默故事

Einstein once wrote a letter to Charlie Chaplin . He said , “Your film *The Modern Times* , everybody in the world can understand . You will certainly become a great man . Einstein . ”

In his answer to the letter Charlie Chaplin wrote , “I admire you even more . Your theory of relativity nobody in the world understands , but you have already become a great man . Chaplin . ”

参考译文

爱因斯坦曾给查理·卓别林写过一封信。信中说：“世界上的每个人都能看懂你的影片《摩登时代》，你肯定会成为伟人的。爱因斯坦。”

在给爱因斯坦的回信中，查理·卓别林写道：“我更仰慕你。世界上没人能理解你的相对论，但你已经成了伟人。卓别林。”

第12周

(答案参见此处)

Monday

题材：历史事件 词数：210 建议阅读时间：4分钟

One day in 1848 , a man named Marshall , who worked in a sawmill on the American River in California , made a remarkable discovery . He noticed some bright yellow particles in the river . He picked them up and took them to his partner , a Mr . Sutter , who was a Swiss .

Sutter realized the importance of the discovery and he decided to make a claim so that he could have the right to the gold . He sent a man named Bennett to San Francisco to see the governor . He warned Bennett not to tell anyone about it before his claim was recognized . But Bennett couldn't keep the secret . At first nobody believed him . But an editor , after a visit to Sutter , let it out . Within a month almost the entire people , about 800 people had gone to look for gold . Soldiers , sailors , workers gave up their work and joined in the search .

The Gold Rush proved a disaster for Sutter himself . He tried to drive the prospectors from the land so that he could enjoy the wealth . The prospectors did a great deal of harm to him , killed one of his sons . At the end of his life he lived a poor life . He often said to others , “Gold is a devil . ”

生词

particle *n.* 颗粒, 微粒: dust particles floating in the sunlight 飘浮在阳光下的尘埃

claim *n.* (对本该属于自己的东西提出的) 要求, 主张:
Does anyone make a claim to this book? 有人认领这本书吗?

prospect *v.* 勘探, 勘察: The mine prospects ill. 这个矿没有开采前途。|| **prospector** *n.* 勘探者

devil *n.* 恶魔, 魔鬼: The dictator was a devil to his people. 对百姓来说, 那个独裁者就是恶魔。

阅读上面的短文, 判断正 (T) 误 (F)。

1. Marshall discovered gold because someone had told him about it .
2. Sutter was rewarded for the gold by the governor .
3. The editor first let out the secret .
4. The Gold Rush resulted in Sutter suffered a lot from it .
5. Those who died in the search of gold became devils .
6. The other prospectors all became rich , only Sutter lived a hard life .

参考译文

1848年的一天, 加利福尼亚美洲河畔一家锯木厂的工人马歇尔

有了惊人的发现。他注意到河里有些金黄发亮的小颗粒，便俯身拣了一些带给他的伙伴，来自瑞士的萨特先生。

萨特意识到这个发现的重要性，决定对其权益提出要求，以确认对黄金的所有权。他派了一位名叫贝内特的人去旧金山见州长。他告诫贝内特在权益被确认前不要对任何人讲这件事。但贝内特还是将此事泄露了出去。起初，没人相信他。但一位编辑在拜访萨特后，对其进行了报道。不到一个月，几乎全城的人——大约800人，都去淘金了。士兵、水手、工人都丢下工作，加入到淘金者的行列。

对萨特本人来说，淘金潮最终成了灾难。他千方百计想把那些淘金者从他的土地上赶走，这样他就能独享财宝了。淘金者对他造成了巨大的伤害，害死了他的一个儿子。临终前，他已贫困潦倒。他经常对人说：“黄金就是恶魔。”

Thursday

题材：情绪控制 词数：263 建议阅读时间：5.5分钟

I am a professor of sports and exercise so I often deal with nervousness in my research with sports people . Actually , most people experience nervousness at some time or another .

If you are feeling anxious , my advice is to first find the cause or causes . Make a list of those things that are making you nervous and work out which ones you can do something about . Focus all of your efforts on managing the causes that you can control .

Most people cannot tell the difference between controllable and uncontrollable causes , so things they can't control become a big

reason for nervousness . Dealing with this is very important if people want to keep a healthy mind .

Simply try to accept the uncontrollable causes of nervousness . You might be worried about the weather on a big day , an accident or an attack on the train , or perhaps just things that other people are doing at work . The results may be very important but there is still no use worrying because you can't control any of these things . Accept that you can't control everything . Once you understand this , it becomes easier not to worry .

If a situation , such as swimming , is causing you to be anxious , try to face it as often as possible so that you can get used to it .

It can often help to think about yourself doing the thing that makes you nervous—then close your eyes and imagine it going well . Imagine how the flight or job interview is going to happen so that you can get used to it . This will help you understand that the thing you fear most is probably not going to happen .

生词
tell the difference 区分 : How do you tell the difference between the kittens ? 你怎样区分这些小猫 ? controllable <i>adj.</i> 可控的 : The situation is no longer controllable . 局势再也无法控制了。

阅读上面的短文 , 选择正确答案。

1 . Who wrote this passage ?

- A . A reporter .
- B . A sportsman .
- C . A patient .
- D . A professor .

2 . The writer thinks there is no use worrying about some causes of nervousness because ____ .

- A . most are not very important
- B . they are not the real causes of the problem
- C . they cannot be controlled by people
- D . it's better to deal with one cause at a time

3 . If swimming makes you nervous , what should you do according to the writer ?

- A . Go swimming often to get used to it .
- B . Avoid going to the swimming pool .
- C . Find a swimming teacher .
- D . Imagine watching others swim .

4 . What is true about nervousness according to the passage ?

- A . It usually has only one cause .
- B . It is usually caused by people .
- C . People can easily manage it .
- D . Most people suffer from it .

5 . What is the main purpose of this passage ?

- A . To introduce the writer's sports experience .

- B . To advise on how to deal with nervousness .
- C . To help people remember their fears .
- D . To explain the dangers of nervousness .

参考译文

我是一名运动及锻炼方面的教授，因此在我对运动人士所做的研究中，常常涉及紧张的问题。实际上，大多数人在这样、那样的场合下都会出现紧张的情况。

如果你感觉紧张的话，我的建议是首先找出各种原因。把导致你紧张的因素列在表上，然后找出哪些是你可以有所作为的，再把全部精力放在应对那些你可以控制的因素上。

大多数人无法区分可控因素与不可控因素，因此，那些他们不能控制的因素就成了自己紧张的主因。如果人们想保持健康的头脑，克服紧张是很重要的。

对于那些导致你紧张而又不可控的因素，只要尽力接受就可以了。你也许会担心重大日子的天气情况，担心火车会出事故或在车上受到攻击，或只是别人正在做的事会（对你）产生影响。这些事情产生的结果也许很重要，但担心是没用的，因为你无法控制其中的任何一件事。承认自己不能控制所有事情。一旦明白这个道理，克服焦虑就变得比较简单了。

如果是某种情况，比如游泳，使你担忧，尽可能多地直面它，这样你就能够逐渐适应了。

假设自己正在做使自己紧张的事情——然后闭上眼睛，想象一切进展顺利，这常常有助于缓解紧张。想象乘坐飞机旅行或工作面试时的情境，以便自己能适应它。这有助于使你明白：最担心的事

情很可能不会发生。

Wednesday

题材：军旅故事

词数：315

建议阅读时间：6.5分钟

Some boys join the navy when they are quite young , and are then given a course of training as sailors . It is a long course , both on land and at sea , and during it the boys study things like mathematics and science as well as learning to tie knots , fire guns , and do other practical things .

One of the important things they are taught is , of course , how to swim . In the old days , many sailors were unable to swim , but nowadays it is rare to find one that cannot .

At one school for sailor boys , the swimming instructor was very good . He had never had a boy whom he had failed to teach to swim by the time the course ended . One year , however , there was one particular boy on the training course who seemed quite unable to learn to swim . The instructor tried giving him extra lessons , he tried throwing him into the pool at the deep end , and he tried holding him up with a rope tied to the end of a fishing rod while he attempted to swim , but he had no success at all , whatever he did . In the end , as the time drew near when the course was due to end , he had to admit defeat .

One day , he called the boy aside after the swimming lesson and said to him , “John , I have tried very hard to teach you to swim , but I have failed—for the first time in my life . Now I want

to give you a piece of advice . Listen carefully . ”

“Yes , sir , ”answered the boy .

“Well , ”the instructor went on , “If you are ever in a ship and it sinks , just jump over the side into the sea , go right down to the bottom and run to the shore as fast as you can . That is the only way you will save your life . ”

生词

practical *adj* . 实用的 : I need a practical hairstyle that's easy to care for . 我需要一个容易打理的实用发型。

instructor *n* . 教练 , 指导者 : A qualified instructor will show you how to use the equipment . 一位合格的教员将向你们演示如何使用这类器材。

rod *n* . 杆 , 棒 : a curtain rod窗帘杆/a fishing rod钓鱼竿

due *adj* . 预定应到达的 , 预计要发生的 : The next meeting is due to be held in three months' time . 下一次会议定于3个月后召开。

shore *n* . 海岸 , 海滨 : We spend all our weekends at the shore . 我们周末都在海边度过。

阅读上面的短文 , 回答问题。

1 . When do some boys join the navy ?

2 . What are they then given ?

3 . What do the boys do during the course ?

4 . What is one of the important things they are taught ?

5 . How many can swim ?

6 . How good was the swimming instructor at the school for sailor boys in this story ?

7 . Did he succeed in teaching him to swim ?

参考译文

有些男孩加入海军时还很年轻，所以要上水兵训练课。课程的学习时间很长，既有陆地的，也有海上的。学习期间，男孩们要学习数学和科学，还要学习结绳、射击和其他实用技能。

当然，他们学习的主要课程中有一门是游泳。过去，很多水兵不会游泳，现在，这样的人已经很少见了。

在一所水兵学校，游泳教练的水平非常高。课程结束时，他教

过的孩子没有一个学不会。然而有一年，训练课上出现了一个特殊的男孩，他似乎根本学不会。教练想给他额外补补课，试过把他扔进泳池的深水区；试过把绳子的一头拴在男孩身上，另一头拴在钓鱼竿的顶头，不让他下沉。可无论他怎么做，就是教不会男孩。最后，当课程即将结束时，教练不得不承认自己失败了。

一天，游泳课结束后，他把男孩叫到一边，对他说：“约翰，我已尽了最大的努力教你游泳，但我失败了，这是我人生中的第一次。现在我要给你一个忠告，你认真听着。”

“好的，长官。”男孩答道。

“是这样，”教练继续说，“如果你在一艘船上，而船正在下沉，你就立刻翻过船舷跳进海里，径直沉到海底，然后飞快地朝岸边跑去。这是你要自救的唯一办法。”

Thursday

题材：历史人物 词数：280 建议阅读时间：5.5分钟

Benjamin Franklin , who lived from 1706 to 1790 , is famous as an American statesman , as a printer , as a scientist and as a writer . He was gifted in a surprising variety of ways .

He came from a poor family . In spite of this fact , he soon became an important citizen in Philadelphia , where he had gone to live as a young man . He wrote a book called *Poor Richard's Almanac* in praise of common sense . Besides writing , he was interested in book selling ; he also founded the first public library in Philadelphia and helped to set up the University of Pennsylvania .

Because of his interest in scientific matters , he repeated the experiments of other scientists . For example , he flew a kite in a thunderstorm in order to prove that lightning was electricity . He gave up his printing business for the purpose of giving all his time to science , but instead of this he found himself increasingly interested in public life . Franklin , together with other very good Americans , wrote the *Declaration of Independence* .

In 1776 , he went to France where , with two other Americans , he tried to get help from France for the young nation . It was because of his efforts that France became sympathetic to the new public . Franklin , along with several other Americans talked with English statesmen about peace in 1781 . His last great service to his country was helping to plan the Constitution in 1787 . Many writers said his“Autobiography” , which tells about the early years of his life , is one of the best autobiographies in any language . Franklin will always be remembered by the American people . He will always be loved by the American people .

生词

almanac *n* . 年鉴 : He printed a good deal of antislavery material in his almanacs . 他在其编写的年鉴中载录了许多有关反对奴隶制的材料。

common sense *n* . 常识 : Use your common sense when deciding when children should go to bed . 在决定孩子们应该什么时候睡觉的问题上 , 用用你的常识吧。

constitution *n* . 宪法 : The right to speak freely is written into the *Constitution of the United States* . 言论自由的权利被写入

《美国宪法》。

autobiography *n* . 自传 : write one's autobiography 写自传

阅读上面的短文，选择正确答案。

1 . Benjamin Franklin was born in a ____ .

- A . very rich family
- B . well-known family
- C . poor family
- D . noble family

2 . As a scientist , Benjamin Franklin ____ to prove that lightning was electricity .

- A . stood in a thunderstorm
- B . made some experiments with some tools
- C . put a steel stick in a thunderstorm
- D . flew a kite in a thunderstorm

3 . As a statesman , Benjamin Franklin ____ .

- A . wrote the *Declaration of Independence* all by himself
- B . wrote the *Declaration of Independence* with other Americans
- C . talked with French statesmen about peace
- D . set up a university in his hometown

4 . As a writer , Benjamin Franklin was famous for his ____ .

- A . short stories
- B . plays

C . poems

D . autobiography

参考译文

本杰明·富兰克林（1706—1790）是美国著名的政治家、印刷商、科学家及作家。他在多个方面都表现出了非凡的天赋。

他出生于贫穷家庭。尽管如此，当他年纪轻轻来到费城后，却很快成了那里的重要人物。他撰写了一本名为《穷理查年鉴》的书籍，赞美了朴素的人生智慧。除了写作，他对销售书籍也很感兴趣。他还创建了费城第一家公共图书馆，并资助建立了宾夕法尼亚大学。

出于对科学事业的浓厚兴趣，他重复了其他科学家做过的实验。比如，在雷雨天气中放飞风筝，以证明闪电就是电。为了全身心地投入科学研究，他放弃了自己的印刷生意。然而，他却发现自己对公共生活的兴趣越来越浓厚。后来，富兰克林和其他几名非常优秀的美国人共同起草了《独立宣言》。

1776年，他与另外两名美国人出使法国，试图争取法国对这个新生国家的支持。正是由于他的不懈努力，法国开始对这个年轻的共和国产生同情。1781年，富兰克林又和其他几名美国人共同参与了与英国政客的和平谈判。1787年，他为祖国做出了最后一次重大贡献——参与制定美国宪法。很多作家都认为，他的自传是所有语言中最好的自传之一，这本自传讲述了他的早年生活。富兰克林将永远被美国人民怀念，并将永远受到他们的爱戴。

Friday

题材：排雷技术

词数：328

建议阅读时间：6.5分钟

There are about 80 , 000 , 000 mines under the ground in more than 60 countries . It is difficult and dangerous to clear these mines . About 50 people including many children were killed or hurt each day . In 2003 , APOPO , a Dutch research company that trains the animals , came up with the idea of using rats to search for the mines .

The animal trainers found that a kind of rats from Africa were clever and had a sharp sense of smell . The rats were about 75cm long and weighed about 1.35kg , light enough to run across a minefield without setting off the mines .

In January 2004 , the APOPO started this project . First , the trainers let the 4-week-old baby rats get familiar with humans . A few weeks later , the rats were no longer afraid of people and the things around them . Then they are trained to connect a click sound with food . After the rats had learned that , the trainers then taught them to tell the difference between the smell of mines and other smells . When the rats could do it , the click was sounded and they were given a bit of banana . The method was called clicker training . “The training isn't easy ,”said trainer Abdullah Mchomvu . “You have to be patient . Sometimes I get angry , but then again , I tell myself these are animals . ”

After nine months' training , the rats were taken to a minefield . They ran across the minefield , stopped , sat and scratched the ground to tell the deminers that they smelt out a mine . Then the mine was cleared . It had taken two deminers a day to clear a 200m² minefield , but with the help of two rats they

could finish it in two hours .

The rats and the deminers saved thousands of lives . “The rats did this job much better than we expected . So far they have helped to make almost 2 , 000 , 000m² of land safe . They are heroes , ”said Bart Weetjens , the head of the APOPO .

生词

mine *n* . 地雷 : The lorry was destroyed by a land mine . 货车被地雷炸毁。 || **minefield** *n* . 雷区 : Tanks could pass through the minefield and engage the enemy . 坦克能安然通过雷区与敌人交战。 || **deminer** *n* . 排雷专家

click *n* . 咔哒声 : the click of the key in the lock 钥匙在锁中的咔哒声

but then again 不过 : I like watching television , but then again I wouldn't miss it if I didn't have one . 我喜欢看电视 , 不过话说回来 , 要是不看我也不会惦记。

scratch *v* . 抓 , 挠 : The cat scratched me . 猫把我抓伤了。

阅读上面的短文 , 选择正确答案。

1 . The APOPO trained the rats to search for ____ .

- A . children
- B . animals
- C . mines
- D . bananas

2 . While training the rats , the trainers have to be ____ .

A . patient

B . clever

C . brave

D . serious

3 . How long did the training last ?

A . Two hours .

B . One day .

C . Four weeks .

D . Nine months .

4 . Which of the following is NOT true according to the passage ?

A . Each day about 200 people were killed or hurt by mines .

B . The APOPO started to train the rats in January 2004 .

C . The trainers gave the rats food after they smelt out a mine .

D . The rats and the deminers saved thousands of lives .

参考译文

在世界60多个国家的地下约有8000万枚地雷。清除这些地雷困难而危险。每天约有包括许多孩子在内的50人因地雷而死亡或受伤。2003年，APOPO，荷兰一家训练动物的科研公司，想出了用老鼠搜寻地雷的主意。

动物训练师发现，一种来自非洲的老鼠非常聪明，而且有敏锐的嗅觉。这种老鼠体长约75厘米，体重约1.35公斤，这个重量轻到

可以使它穿越雷区而不致引爆地雷。

2004年1月，APOPO启动了这一项目。首先，训练师让4周大的鼠宝宝熟悉人类。几周后，老鼠就不再害怕人及其周围的东西了。之后，它们再接受把咔嗒声和食物联系起来的训练。在老鼠掌握这一技能后，训练师再训练它们区分地雷与其他东西的气味。当老鼠做到这一点时，咔嗒声就会响起，它们就会得到一点香蕉。这种方法被称作发声物训练法。“训练并不容易，”训练师阿布杜拉·迈克霍姆说。“你必须有耐心。有时我会生气，不过，我告诫自己，它们只是动物而已。”

9个月的训练后，老鼠被带到雷区。它们从雷区上跑过，停下，坐下，抓挠地面，以告诉排雷专家它们嗅出了一颗地雷。然后雷就被清除掉。（过去）两个排雷专家一天可以清除200平方米的雷区，但在两只老鼠的帮助下，现在他们两个小时就可以完成。

老鼠和排雷专家挽救了数千人的生命。“老鼠完成这份工作比我们预计得要好多。到目前为止，它们已经帮助使200万平方米的土地变得安全。它们是英雄。”APOPO的领导人巴特·威特詹斯说。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

particle	devil	rod	almanac	mine	scratch
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() 1. a long thin bar or stick made of metal, plastic, or

wood

() 2 . a bomb that is hidden under the ground or under the water

() 3 . cut the surface of , wear away the surface of

() 4 . a book published every year that tells you about what happened in a particular subject or activity

() 5 . an evil being or spirit

() 6 . an extremely small piece or amount of something

轻松一刻

幽默故事

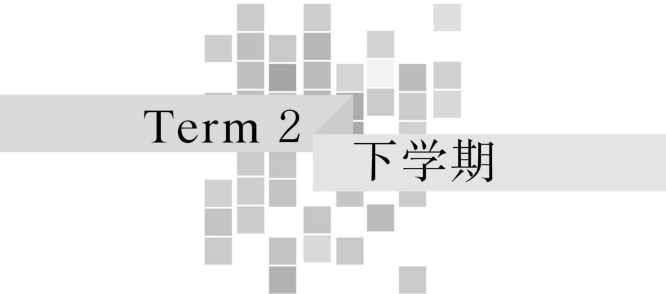
My husband was absorbed in his favorite TV program when our young son went to ask him about a homework problem . “Dad , ”he said , “where are the Alps ? ”

“Ask your mother , ”came the reply . “She puts everything away . ”

参考译文

我丈夫正聚精会神地看着他最喜欢的电视节目，这时，我们的小儿子走过去问他一道家庭作业中的题目。“爸爸，”他问，“阿尔卑斯山在哪里？”

“问你妈妈去，”他答道，“她把所有的东西都收起来了。”



Term 2

下学期

第13周

(答案参见此处)

Monday

题材：人际关系 词数：272 建议阅读时间：5.5分钟

Feeling Left Out ?

A reader wrote in to say that she was feeling lonely at break because her best friend wasn't around . Here's our advice to her—and to all kids who feel lonely sometimes .

It's hard when a best friend isn't around—maybe because she moved to a different school or a different class . You may feel lonely at break or lunchtime . You want to have new friends , but how do you make them ? Maybe it seems like everybody else already has their friends . But remember , there's always room for more friends .

Start by looking around your classroom—think about which kids you'd like to play with at break . Look for chances to say hi to them , smile , and be friendly . Offer to share something or express your appreciation to them . Invite someone to play with you or say “Do you want to sit here ? ” in the lunchroom . When you're at break , walk over to kids you want to play with , act friendly , and say “Hi , can I play , too ? ” or just join in .

If you have trouble doing this or if you're feeling shy , ask your

teacher to help you make new friends . Teachers are usually pretty good at matching up friends . The best way to make friends is to be a friend . Be kind , be friendly , share , say nice things , offer to help—and pretty soon , you'll have one , or two , or even more new friends .

You might still miss that special best friend . But when you see each other , you can share something you didn't have before she left : You can introduce her to your new friends !

生词

leave out 不理睬，忽视：No one speaks to him ; he's always left out . 没人同他说话，他经常受冷淡。

appreciation *n.* 欣赏，赞赏：His lecture was received with much appreciation . 他的讲座深受人们的赞赏。

阅读上面的短文，选择正确答案。

1 . This text is written for ____ .

- A . teachers
- B . parents
- C . students
- D . visitors

2 . According to the writer , some kids feel lonely at break because they ____ .

- A . have trouble with their studies
- B . don't have their best friends around

- C . need their parents to be with them
- D . are too young to look after themselves

3 . The underlined word“**this** ”in Paragraph 4 refers to ____ .

- A . sharing your ideas
- B . talking before many people
- C . studying better at school
- D . developing new friendship

4 . Some kids need help from teachers to make friends because ____ .

- A . they miss their old friends a lot
- B . they have no time to stay with others
- C . teachers know who wants a new friend
- D . they are shy or not good at making friends

5 . The expression“**feeling left out** ”means“ ____ ”in Chinese .

- A . 受冷落
- B . 被调侃
- C . 挨批评
- D . 遭攻击

参考译文

(你)觉得受冷落了吗?

一位读者来信说,她在课间休息的时候感到很孤单,因为最好的朋友不在身边。下面是我们给她的建议,同时送给所有那些有时会感到孤单的孩子们。

当最好的朋友不在身边时，那确实令人难受。也许是因为她转学到另一所学校，或是去了其他班级。你可能会在课间或午餐时感到孤独。你想拥有新朋友，但如何结交新朋友呢？似乎每个人都已经有了各自的朋友。但请记住，永远都有结交新朋友的机会。

首先环顾一下教室，想想你愿意与哪些孩子在课间时一起玩耍。然后，寻找机会和他们打招呼、微笑、示好。主动分享某样东西或表达你对他们的欣赏之情。邀请某人与你一起玩耍，或在餐厅里对某人说：“你想坐在这儿吗？”课间休息时，走到你想与其一起玩耍的孩子身边，表示友好，并说：“你们好，我也能玩吗？”或直接加入到他们当中。

如果你觉得这样做有困难或感到害羞，你可以请求老师帮你结交新朋友。老师们通常十分善于帮助孩子们结成朋友。最好的结交朋友的方法就是先把自己当成别人的朋友。努力做到善良、友好、乐于分享、讲述快乐的事情、主动提供帮助，这样，你很快就能拥有一两个甚至更多的新朋友。

你可能还在想念那位最好的朋友。但当你们再次相见时，你可以和她分享她离开前你未曾拥有的东西：把她介绍给你的新朋友！

Thursday

题材：谚语 词数：257 建议阅读时间：5分钟

In the past , many people used horses for traveling , farming and other kinds of work . A lot of people still like to ride horses . And horse racing is also popular . So it is not surprising that Americans use this animal when they talk .

Long ago , rich or important people rode horses which were

very tall . Today , if a girl acts like she is better than everyone else , you might say she should *get off her high horse* .

Yesterday my children wanted me to take them to the playground . But I had to finish my work , so I said , “*Hold your horses* . Wait until I finish what I am doing . ”My two boys like to compete against each other and play in a noisy and not very careful way . I always tell them to stop *horsing around* or someone could get hurt .

Last night , I got a telephone call while I was watching my favourite TV show . I decided not to answer it because *wild horses could not drag me away* from the television . There was nothing that could stop me from doing what I wanted to do .

Sometimes you *get information straight from the horse's mouth* . Let us say your teacher tells you there is going to be a test tomorrow . You could say you *got the information straight from the horse's mouth* .

You can lead a horse to water , but you cannot make him drink . That means you can give someone advice but you cannot force him to do something he does not want to do .

生词
drag v . 拖 , 拽 : She dragged her suitcase down the path . 她拉着箱子沿小道走去。

阅读上面的短文 , 从下面方框中选出恰当的短语或句子完成1 ~ 5题。

A . horse around

B . straight from the horse's mouth

C . get off her high horse

D . wild horses could not drag her away

E . you can lead a horse to water , but you cannot make him drink

1 . Mike , don't ____ with your brother . You'll break my mirror !

2 . —I can't stand Mary any more ! She always says she has a better voice than me .

—Please take it easy . I'll go and tell her to ____ .

3 . He no longer tried to stop her watching that movie because ____ from it . She loved it so much .

4 . —I hear from Grandpa that Uncle George is coming at the weekend . Is it true ?

—You've got the news ____ .

5 . Jerry , your son really hates going to the piano class . Remember ____ . Let him do what he likes .

参考译文

过去，很多人把马当成旅行、耕种和其他工作的工具。很多人

还喜欢骑马，赛马也很普及。因此，美国人谈话时经常用到“马”这个词语也就不足为奇了。

很久以前，富人或大人物都骑着高头大马。如今，如果一个女孩的行为举止表现得高人一等时，你可能会说她是“从高头大马上下来（趾高气扬）”。

昨天，孩子们想让我带他们去操场玩。但我必须先完成工作，于是我说：“勒住你们的马（耐心点）。等我工作完再说。”我的两个儿子喜欢彼此竞争，玩起来大吵大闹、不计后果。我一直告诉他们不要“让马乱跑（胡闹）”，否则的话，就有可能受伤。

昨晚，当我正在收看最喜欢的电视节目时，电话铃响了。我决定不接电话，因为看电视时，“野马也不能把我拖出来”。也就是说，没有什么能够阻止我做自己想做的事。

有时，你“直接从马嘴里得到消息（消息非常可靠）”。比如说，你的老师告诉你，明天将有一个小测验。你可以说你“直接从马嘴里得到的消息”。

“你可以把马牵到河边，但你不能硬让它喝水。”意思是说你能给某人建议，但你不能强迫他去做他不想做的事。

Wednesday

题材：狩猎经历 词数：273 建议阅读时间：5.5分钟

George and his friend Peter were fond of deer-hunting , and whenever they had a free day during the deer-hunting season , they took their guns and went off into the forest .

One Saturday they were sitting on a log eating their

sandwiches and drinking their coffee when they saw a man walking through the snow towards them . He was dressed in deer-hunting clothes , but he had no gun with him . When he got nearer , the two friends saw that he was following a deer's track in the snow . They were both every surprised to see a man tracking a deer without a gun . So when he reached them , they stopped him and asked him whether anything was wrong and whether they could help him . The man sat down beside them , accepted a cup of coffee and told them his story .

Like them , he had gone out deer-hunting that morning with a friend . They had seen a deer with very big horns , and had followed it for some time . Then he had fired at it , and it had fallen just where it stood . He and his friend had run over to examine it , and he had said to his friend , “This deer's horns will make a wonderful rack for my guns when I get it home . ”He had then arranged his gun in the deer's horns and stepped back a few yards to see exactly how they would look as a gun rack on the wall of his study . He had been admiring the effect when the deer had suddenly jumped up , shaken itself and raced away , carrying his gun firmly stuck in its horns .

生词

log *n* . 圆木 : a roaring log fire 熊熊的篝火

track *v* . 追踪 , 跟踪 : I tracked him as far as the factory . 我一直跟踪他到了工厂。

rack *n* . 支架 , 架子 : a clothes rack 一个衣架 / luggage rack 行李架

阅读上面的短文，选择正确答案。

1 . This passage is about ____ .

- A . how to hunt deer during the hunting season
- B . a hunting experience of George and Peter
- C . how a hunter lost his weapon in deer-hunting
- D . how deer sometimes fooled the hunter

2 . The person without a gun had gone into the forest ____ .

- A . alone
- B . with some friends
- C . with George and Peter
- D . with another hunter

3 . The deer ran away ____ .

- A . when it woke up from sleep
- B . with the hunter's gun stuck in its horns
- C . after the hunter had lost his gun
- D . because the hunter had missed his shot

4 . It was ____ that made the man lose his gun .

- A . the big horns of the deer that had fallen to the ground
- B . his friend who was hunting together with him
- C . his wish to decorate his study with the horns
- D . the deer-hunting in the forest that morning

5 . The person without a gun ____ .

- A . was wearing clothes special for deer-hunting

- B . had placed his gun on the head of a wounded deer to have a rest
- C . had killed a deer before losing his gun
- D . had put his gun on the wall of his study

参考译文

乔治和朋友彼得都喜欢猎鹿。在猎鹿季，只要有空余时间，他们就会拿上枪到森林里去。

一个周六，他们正坐在一根圆木上吃三明治、喝咖啡，突然看见一个男人穿过雪地向他们走来。他穿着专用的猎鹿服，却没有拿枪。当那人走近后，他们发现他是循着雪地上鹿的足迹走来的。两人觉得这人不带枪就寻找鹿的踪迹很奇怪，于是当他走到跟前时，他们拦住他，询问是不是出了什么事，需不需要帮忙。那人在他们身边坐下，接过一杯咖啡，讲述了事情的经过。

和他们一样，那天早上他也和一位朋友出来猎鹿。他们看见一只长着一对大犄角的鹿，于是就跟踪了一段时间。后来他向鹿开枪，鹿就地倒下。他和朋友跑过去查看情况，他对朋友说：“如果把这只鹿带回家，它的角很适合作我的枪架。”然后他就把枪放在鹿角上，自己后退几步，想仔细看看如果把鹿角挂在书房的墙上作枪架，样子怎么样。就在他欣赏效果如何时，那只鹿突然跳起来，带着牢牢卡在犄角上的枪，摇摇晃晃地跑掉了。

Thursday

题材：名家介绍 词数：222 建议阅读时间：4.5分钟

Pablo Picasso , born in Spain in 1881 , was one of the most

famous artists of last century . Picasso began painting when he was a small child and took advanced art courses when he was only fifteen . Between 1904 and 1947 Picasso lived in Paris . In 1947 he moved to the Riviera , in the south of France .

Many people thought Picasso's work was strange and unpleasant . Still , he had a great influence on artists in every country . Today , Picasso is regarded as a genius , and his paintings are in the museums all over the world .

In 1912 , Picasso actually invented a new type of art . He painted a picture , then he pasted bits of paper and something else on the picture . This type of art is called *collage* (拼贴画) .

Picasso was not only a painter ; he was also a sculptor and a designer of scenery for plays . There are even some photographs of “light paintings” that he created . These paintings were produced by moving a light pencil , or small flashlight , in the air . Although the images could be seen only briefly by anyone watching them happen , the camera was able to catch the images as they occurred .

When Picasso was asked how someone could become an artist , he would reply , “If you want to draw , you must shut your eyes and sing . ”

生词

advanced *adj* . 高级的 , 先进的 : most advanced branches of science and technology 科学技术中的尖端学科

genius *n* . 天才 : Germany has supplied many great musical geniuses to the world . 德国给世界贡献了许多伟大的音乐天才。

paste *v* . 粘贴 : They have pasted up a notice on the wall . 他们把一张布告贴在墙上。

sculpt *v* . 雕刻 , 雕塑 : The statue is sculpted in solid marble . 该雕像是用质地坚实的大理石雕刻而成的。 || **sculptor** *n* . 雕刻家 , 雕塑家

阅读上面的短文，选择正确答案。

1 . What did many people think of Picasso's work ?

- A . Splendid and famous .
- B . Best in Europe .
- C . Strange and unpleasant .
- D . Ugly and terrible .

2 . The meaning of the underlined word "***pasted*** " in this passage is ____ .

- A . stuck with
- B . stuck on
- C . drew
- D . mixed with

3 . Which of these statements is an opinion ?

- A . Picasso was born in Spain .
- B . Picasso's paintings are strange and unpleasant .

- C . Many museums show Picasso's work .
- D . Picasso lived in France for many years .

4 . Which statement best explains the meaning of Picasso's advice about how to become an artist ?

- A . Study hard and practise painting .
- B . Only people who sing can become painters .
- C . Painters should learn to paint with their eyes closed .
- D . There is more to painting than just study and hard work .

5 . What would be a good title for this passage ?

- A . How to Become a Great Artist
- B . Pablo Picasso's Childhood
- C . Pablo Picasso : More Than Just a Painter
- D . Life in the South of France

参考译文

巴勃罗·毕加索于1881年出生在西班牙，他是上个世纪最著名的艺术家之一。还是个小孩子时，他就开始画画了。年仅15岁时，他便参加了高级美术课程。1904年至1947年，毕加索居住在巴黎。1947年，他移居到了法国南部的里维埃拉。

许多人认为，毕加索的作品非常奇特且令人不悦。然而，他却深深地影响了每一个国家的艺术家。时至今日，毕加索被视为天才，他的作品被陈列在世界各地的博物馆。

1912年，毕加索发明了一种新型的艺术。绘完一幅画后，他将几片小碎纸和其他一些材料贴在画上。这种类型的画被称为拼贴画。

毕加索不仅是一名画家，还是一名雕塑家和舞美设计师。他甚至创作出一些光绘摄影作品，即通过在空中不断移动发光笔或小手电筒来创作这些画面。尽管这些图像转瞬即逝，只能被碰巧看到的人瞥见，但相机却能将它们捕捉（并保存下影像）。

当被问及一个人如何才能成为画家时，毕加索答道：“如果你想画画，你就得闭上双眼去歌唱。”

Friday

题材：人与动物 词数：240 建议阅读时间：5分钟

Long before the first Europeans arrived in America , a strange looking animal lived on the western plains . It looked somewhat like a water buffalo . It had a hump like a camel and a mane like a lion . It preferred to eat the rich grass of the plains . The official name of the strange animal is the American Bison . However , nearly everyone calls it a buffalo .

In the early days , millions of buffaloes moved freely across the continent . They were powerful animals and ran with great speed . The Indians hunted them for food and clothing .

In the 19th century , white men began to hunt the bison for their skins . They seldom killed the bison for meat . One famous frontiersman , however , Buffalo Bill Cody hunted buffalo for meat . The railroads used the meat to feed their workers .

The American buffalo could run at a speed of almost 75 kilometers an hour . He was difficult to hunt because it was always ready for a fight . There were times when five or six bullets would

not kill it , and buffalo hunters sometimes had a lot of trouble killing the animal . The buffaloes were hard to control and the hunters would get confused or feel helpless . Finally , in the west the expression , to buffalo , can mean to make one helpless or to confuse and trick .

It is still used today . When a person has you“buffaloed” , he has you in his power . You're helpless !

生词

plain *n* . 平原 : the central Oahu plain 瓦胡岛中央大平原

hump *n* . 驼峰 , 隆肉 : The camel stores food in its hump . 骆驼把食物储存在驼峰里。

mane *n* . 鬃毛 : The female lion , or lioness , does not have a mane . 雌狮没有鬃毛。

frontier *n* . 边境 , 边疆 ; (尤指旧时美国已定居地和蛮荒地间的) 边疆地区 || **frontiersman** *n* . (旧时美国的) 边疆居民 ; 早期开拓者 : a heroic frontiersman of the Wild West 蛮荒西部英勇的早期开拓者

trick *v* . 欺骗 : He did not believe you had the courage to trick him . 他不相信你有胆量欺骗他。

阅读上面的短文 , 选择正确答案。

1 . Buffalo liked to eat ____ .

A . meat

- B . grass
- C . bison
- D . camel

2 . White men hunted the buffalo because they wanted their ____ .

- A . food
- B . meat
- C . clothing
- D . skins

3 . The buffalo can run very fast , at a speed of ____ .

- A . 60 km/hour
- B . 85 km/hour
- C . 100 km/hour
- D . 75 km/hour

4 . To buffalo a person means to ____ .

- A . have him/her in control
- B . get him/her freed
- C . get him/her fed
- D . have him/her powerful

5 . The purpose of this passage is to tell us ____ .

- A . that the buffalo is dangerous
- B . that the buffalo is useful
- C . that we're helpless with buffalo
- D . something about buffalo

参考译文

在首批欧洲人还远没有到达新大陆时，一种外形特别的动物已经生活在西部平原上了。它看起来有些像水牛，背部像骆驼一样有一大块隆肉，鬃毛像狮子一样。它更喜欢以平原上肥沃的青草为食。这种奇怪动物的正式名称叫美洲野牛。然而，几乎每个人都将它称为野牛。

早期有数百万只野牛自由地迁徙在美洲大陆。它们是健硕的动物，奔跑速度极快。印第安人猎杀它们充作食物和衣服。

19世纪，白人开始捕杀野牛以获取皮毛，他们这样做很少为了吃肉。然而，一位著名的拓荒者——绰号“野牛”的比尔·科迪，开始为获取野牛肉而捕杀它们。铁路公司用这些肉为自己的工人配餐。

美洲野牛奔跑时速能达近75公里。捕杀它们并非易事，因为它们随时准备战斗（意指其警惕性强）。很多时候，五六颗子弹都不能置一头野牛于死地。野牛狩猎者有时会在捕杀过程中遇到很多的麻烦。这些野牛很难控制，猎人会感到困惑、无助。最后，在美国西部，“buffalo”一词作动词用时，指的是“使某人陷入窘境或捉弄某人”。

这个词语一直沿用至今。当某人“buffalo”你时，是指他控制了你，使你无能为力。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

--

appreciation

log

rack

advanced

paste

plain

() 1 . a thick piece of wood cut from a tree

() 2 . a sort of shelf , made of bars , that you can put things in or on

() 3 . based on the most recent methods or ideas

() 4 . pleasure in understanding something that is good or beautiful

() 5 . a large flat area of land

() 6 . to glue paper onto a surface

轻松一刻

幽默故事

Teacher : My children , remember this motto , “Give others more and leave for yourself less . ”

Jack : It's my father's motto .

Teacher : How noble your father's quality is ! What's his occupation ?

Jack : He is a boxer .

参考译文

老师 : 孩子们 , 记住这句座右铭 : “给予别人的要多 , 留给自己的要少。 ”

杰克：这是我爸爸的座右铭。

老师：你爸爸的品德是多么高尚啊！他是做什么的？

杰克：他是个拳击手。

第14周

(答案参见此处)

Monday

题材：植物与昆虫 词数：162 建议阅读时间：3分钟

There are about 664 , 000 kinds of insects—more than half the total of all species of living things . And these millions upon millions of insects depend on plants , partly for food and partly for homes and places of protection . Some insects will find some part of a plant eatable , whether it is the leaves , stems , roots juices . A single tree may be the residence of twenty thousand tiny plant lice , although you rarely see them because of their natural camouflage . In the same tree , the eggs of other insects may be hidden in bumps on the leaves or on the stems of leaves .

Plants depend on insects , too . For example , to produce seeds , the pollen in the flower must reach the seed-bearing part of the plant . But many plants do not have a way to carry pollen . Insects will do the job for them ; and bees—the best carrier—charge only the price of some nectar , the sweet juice of the flower .

生词

species *n.* 种类，品种：The rare bird has become an endangered species . 这种珍奇的鸟已成为濒危物种。

residence *n* . 居住，住所：For more than eight hundred years Windsor Castle has been the country residence of the British monarchs . 八百多年来，温莎堡一直是英国国王的乡间宅邸。

camouflage *n* . 伪装：The white fur of the polar bear is a natural camouflage . 北极熊的白色毛皮是一种天然伪装。

bump *n* . 团，块：He tried to avoid the bump in the road . 他试图避开路面上隆起的地方。

pollen *n* . 花粉：The pollen grains can be carried by wind , water or animals . 花粉颗粒可以通过风、水或动物传播。

nectar *n* . 水果汁；花蜜：Bees gather nectar and make it into honey . 蜜蜂采集花蜜将其变成蜂蜜。

阅读上面的短文，选择正确答案。

1 . Insects are dependent upon plants for ____ .

- A . food
- B . homes
- C . places of protection
- D . all of these

2 . According to the article , the tiny plant lice living in a single tree may number ____ .

- A . 2 , 000
- B . 12 , 000
- C . 20 , 000

D . 664 , 000

3 . According to the article , it may be said that insects are ____ .

A . harmful to all plants

B . helpful to all trees

C . necessary to many plants

D . unnecessary to all plants

4 . The best carriers of pollen are ____ .

A . tiny plant lice

B . bugs

C . flies

D . bees

5 . Bees feed on ____ .

A . leaves

B . pollen

C . nectar

D . stems

6 . This selection implies that ____ .

A . insects and plants depend on each other

B . insects depend more on plants

C . plants depend more on insects

D . nectar is the sweet juice of the flower

自然界约有664000种昆虫，占地球所有生物物种的一半以上。千百万昆虫都依赖植物生存，有的以植物为食，有的将植物作为巢穴和藏身处。有些昆虫发现植物的某些部位可以食用，无论是叶、茎，还是根部汁液。一棵树能成为20000只小木虱的居住地，尽管因其天然伪装你很难发现它们。在同一棵树上，其他昆虫的卵可能藏在叶子或叶柄上的隆起处。

同时，植物也依赖昆虫。比如，为了生产种子，花粉必须抵达植物的结实部位。但是很多植物无法自行授粉，昆虫就会帮助它们完成这项工作。蜜蜂是最好的授粉媒介，只需索取一些甜蜜花汁。

Tuesday

题材： 经历与选择 词数： 227 建议阅读时间： 4.5分钟

Nine-year-old Louis Pasteur rushed into the little house , his face white .

“Mother ! ”He cried . “A mad dog has bitten my friend Henry , and now they are burning him with red-hot irons . It's terrible ! ”

“*Rabies*（狂犬病） , Louis . Burning the bites is the only hope of stopping Henry from catching the disease . ”

Henry did get rabies and died , in great pain , some days later . Louis Pasteur never forgot . “One day , ”he thought , “I must do something to help people like Henry . ”

Sixteen years later Pasteur became a Doctor of Science . And

he began making important discoveries in his special field .

Pasteur achieved great success in his life . But during the years of research he lost the use of his left arm and leg . Yet he worked on and on , as hard as ever , as he was eager to find a way for curing rabies . He never forgot his friend Henry .

After many dangerous experiments on mad dogs , he finally found the answer . Just then a boy who had been badly bitten by a mad dog arrived at his lab . A few days after Pasteur's treatment the boy got better . He did not catch rabies .

The discovery gave new hope to people in many countries . People sent money to help build the Pasteur Institute in Paris . Today it is one of the world's most famous centres for research .

生词

treatment *n* . 治疗 : My cold won't respond to treatment . 我的感冒经过治疗仍不见好转。

institute *n* . 学院 , 研究所 : The university plans to establish an institute for Chinese studies . 该大学计划设立中国文化研究所。

阅读上面的短文 , 选择正确答案。

1 . Pasteur became a Doctor of Science . Doctor of Science here means ____ .

A . a degree which is the highest in science

B . someone whose job is to make sick people well again

- C . a person who works in the lab
- D . the post in science

2 . Though Pasteur was in poor health , he worked hard in order ____ .

- A . to make a living
- B . to prevent the dog from rabies
- C . to find a good way to cure rabies
- D . to protect children from mad dogs

3 . Which of the following statements is NOT true ?

- A . His disabled left arm and leg had nothing to do with the mad dogs .
- B . Though his left arm and leg were disabled , he worked even harder than before .
- C . Louis was famous for his discovery .
- D . In his childhood he made up his mind to become a doctor .

4 . The fact that people in many countries sent money to help build the Pasteur Institute shows that ____ .

- A . Pasteur was respected by people
- B . the people supported Pasteur's research on rabies
- C . the people rewarded Pasteur for the discovery
- D . the people knew he lived a poor life

5 . This passage is mainly about ____ .

- A . Louis Pasteur's experience and achievements in curing rabies
- B . how Louis Pasteur's friend died

C . how Louis Pasteur's arm and leg were disabled

D . Louis Pasteur cured a boy who had been badly bitten by a mad dog

参考译文

9岁的路易斯·巴斯德冲进小房子，面色苍白。

“妈妈！”他喊道，“一只疯狗咬伤了我的朋友亨利，现在他们正用炽热的烙铁烫他。太可怕了！”

“是狂犬病，路易斯。烫伤口是防止感染的唯一办法。”

最终，亨利还是染上了狂犬病。几天后，他在极度的痛苦中离开了人世。路易斯·巴斯德永远忘不了这件事。他想：“总有一天，我要帮助像亨利一样有这种遭遇的人。”

16年后，巴斯德成了理学博士。他开始在自己研究的特殊领域中做出重要的发现。

巴斯德的一生取得了重大成功。但在多年的研究生涯中，他的左臂和左腿因病丧失了功能。然而，他却一如既往地努力工作，因为他渴望找到治疗狂犬病的方法。他从未忘记他的朋友亨利。

经过在疯狗身上多次危险的试验后，巴斯德终于找到了答案。就在此时，一名被疯狗咬伤的男孩来到了他的实验室。经过巴斯德的治疗，几天后，小男孩痊愈了，没有感染狂犬病。

这个发现给世界上许多国家的人带来了希望。于是人们开始筹钱在巴黎建立巴斯德研究院。今天，它已成为世界最著名的研究中心之一。

Wednesday

题材： 加拿大农业现状 词数： 200 建议阅读时间： 4 分钟

Farming is important in the economy of Canada . Farm products—wheat , meat , fruit and dairy products—make up about 20% of Canada's exports . But Canada has very little good farmland . Only 7% of the country is for farming . Today Canada has a serious problem . The cities are growing bigger and taking up good land . More farmland is being taken up by the new wide roads between the cities .

Canada's two main farming regions are the Prairies in the middle of the country and the Lake Peninsula . About 80% of all the farmland is in the Prairies . Here the conditions are excellent for growing wheat .

The Lake Peninsula region has many cities and towns . Here the farmers grow vegetables and fruit for the people and they keep dairy cattle for milk .

The average size of the Canadian farms is 560 acres . But the Prairies farms are much bigger than this , and farms in the Lake Peninsula and other places are smaller . The farmers use a lot of machines . There are not many farmers and farm workers . Because machines are used , the farmers can produce a lot of food . It is said that one farm worker can produce food for 60 people .

生词

dairy *n* . 奶制品：dairy cattle奶牛/dairy farm奶牛场

prairie *n* . （尤指北美洲的）大草原：prairie dog草原犬鼠

peninsula *n* . 半岛：the Korean Peninsula朝鲜半岛

阅读上面的短文，选择正确答案。

1 . Farmland covers ____ of Canada .

A . 80%

B . 20%

C . 7%

D . 10 ~ 20%

2 . Conditions in the Prairies are very good for ____ .

A . wheat

B . corn

C . vegetables

D . fruit

3 . Farmland becomes smaller and smaller because ____ growing bigger .

A . the population is

B . farms are

C . roads are

D . cities are

4 . Which of the following is NOT mentioned ?

A . Farm products make up 20% of Canada's exports .

- B . Canada is losing its farmland .
- C . Canada buys farm products from abroad each year .
- D . Most of the farmland is in the middle of Canada .

5 . What's the best title for the passage ?

- A . Farming in Canada
- B . Canada's Exports
- C . Canada's Farming Regions
- D . Population Growth in Canada

参考译文

农业在加拿大经济中的地位举足轻重。农产品如小麦、肉类、水果和乳制品大约占到加拿大出口总额的20%。但加拿大鲜有肥沃的土壤，只有7%的土地可用于耕种。今天，加拿大面临着一个严重的问题：随着城市的不断扩张，大量良田被侵占。更多的农田被城市间新建的宽阔道路占用。

加拿大有两个主要的农业区，分别是中部的大草原区和半岛湖区。大约80%的农田位于大草原区，这里的环境非常适合种植小麦。

半岛湖区有很多城市和小镇。这里的农民种植蔬菜和水果，提供给城里人，并且饲养奶牛以获取牛奶。

加拿大农场的平均面积为560英亩。但大草原区农场的面积要大得多，而半岛湖区和其他地区的农场则相对较小。农场已经实现了高度的机械化，因此没有太多的农场主和农场工人。由于使用了农业机械，农场主能够生产大量的粮食。据说，一个农场工人生产的粮食可供60人食用。

Thursday

题材：飞机仪器

词数：269

建议阅读时间：5.5分钟

An *altimeter* (测高仪) is an instrument used in an airplane to tell the pilot how high he is flying .

The altimeter used in most airplanes is a kind of barometer , which , like barometers found in ordinary homes , is a measuring instrument for air pressure . The weight of the atmosphere presses downwards everywhere . At sea level this pressure is more than 14 pounds on every square inch of the surface . The higher you go into the air , the lower the air pressure is . An altimeter measures this air pressure to show the altitude of the airplane , or , how high it is above sea level .

But the altimeter does not show how high the plane is above the ground . A plane might be flying at an altitude of 15 , 000 feet , but it would be only a thousand feet or so above the ground if the land in that area happened to be 14 , 000 feet above sea level .

The pilot adjusts his altimeter to the actual sea-level pressure before leaving the airport and then corrects it in flight by new information given to him by radio . He flies high enough to be above any mountain he may pass on his course . The barometer altimeter is correct within about 300 feet .

Another kind of altimeter , the radio altimeter , makes use of radio reflection . It calculates the height of the flying plane by sending out electrical signals to the surface below and measuring the time required for them to bounce back . It is correct within 15

feet over water , but is not reliable over land . Big planes usually have both kinds of altimeters .

生词

altitude *n* . 海拔 (高度) : He kept the plane at an altitude of 8 , 000 feet . 他把飞机保持在8000英尺的飞行高度。

adjust *v* . 调整 : The desks and seats can be adjusted to the height of a child . 桌子和座位可以按孩子的高度调节。

actual *adj* . 真实的 , 现实的 : Can you give me the actual figures ? 你能告诉我实际数字吗 ?

bounce *v* . 反弹 , 反射 : The sound bounces back . 声音反射回来了。

阅读上面的短文 , 选择正确答案。

1 . The barometer altimeter won't work if the plane flies ____ .

- A . beyond the atmosphere
- B . above very high land
- C . over very uneven ground
- D . within 1 , 000 feet of the ground

2 . Suppose a plane using a radio altimeter is flying 10 , 000 metres above highland which is 4 , 000 metres above sea level . What reading will be given by the altimeter ?

- A . 10 , 000 metres .
- B . 4 , 000 metres .

C . 14 , 000 metres .

D . 6 , 000 metres .

3 . Suppose a plane using both kinds of altimeters is flying over a mountainous area where the land rises and falls very abruptly . The pilot keeps his plane steady at the same height . What kind of reading will you get on each of the altimeters ?

A . The readings on both altimeters will remain steady .

B . The readings on both altimeters will rise and fall abruptly .

C . The readings on the barometer altimeter will rise and fall abruptly , while that on the radio altimeter will remain steady .

D . The readings on the radio altimeter will rise and fall abruptly , while that on the barometer altimeter will remain steady .

4 . How does the radio altimeter compare with the barometer altimeter when a plane is flying over an ocean ?

A . It works faster .

B . It works slower .

C . It is more accurate .

D . It is less reliable .

参考译文

测高仪就是飞机上搭载的、用于告诉飞行员飞行高度的一种仪器。

大部分飞机上的测高仪是一种气压计。如同一般家庭中的气压

计一样，它是一种测量大气压强的工具。大气的重量压向地球的所有地方。在海平面上，该压力超过每平方英寸14磅。在大气中上升的高度越高，气压越低。测高仪就是通过测量大气压强来推算飞机的海拔高度，或者说飞机距离海平面的高度的。

但这种测高仪不能显示飞机距离地面的高度。飞机的海拔高度可能是15000英尺，但如果该飞机碰巧在海拔为14000英尺的地区飞行，它距离地面的高度也不过1000英尺。

在机场起飞前，飞行员会根据实际的海平面压力调整自己的测高仪，然后在飞行过程中根据无线电所发布的信息随时进行调整。飞机需要飞行在足够的高度上，以越过其航线上的每一座山。这种气压式测高仪的误差范围大概为300英尺。

另一种测高仪是无线电测高仪，它是利用无线电反射的原理进行工作的。测高仪向地表发射电子信号，然后测量信号返回所用的时间，进而计算出飞机的飞行高度。在水面上，它的误差范围在15英尺内，但其精度在陆地上却不尽如人意。大飞机上一般装载有以上两种测高仪。

Friday

题材：农场生活 词数：283 建议阅读时间：5.5分钟

Hi , I'm Tommo . I work on a cattle station in Northern Territory . We don't get much rain up here and the land isn't very fertile . We have to let the cattle roam over a large area so they can get enough food to grow and gain weight . The problem is that when it's time to send them to market , we have to find them and bring them to the stockyards . As the property is 2 , 400 square

kilometres , that's quite a job .

The station manager usually searches for the cattle from a plane . When he finds them , we travel out to them on horseback . We can't use motorbikes to muster the cattle because a lot of this country is too rocky . Instead we use horses and dogs , or we get a helicopter to fly in low above the cattle to move them in the right direction .

We can't move the cattle far each day because they would lose the weight they had gained during the year . Then they wouldn't fetch much money at the sales . So we move them slowly and stop each night near a waterhole or by a water trough . The water troughs are filled with underground water that is pumped to the troughs by windmills .

We camp out under the stars each night . Because there are no street lights out here , we see far more stars than city people do . And it's very quiet , except for the noise of the resting cattle . Sometimes it takes us many weeks to bring in the cattle . Mustering is hot , dusty , hard work , but it's a lot of fun too . I wouldn't swap my life with a *townie* (城里人) for a million dollars .

生词

roam *v.* 漫游 : roam about the secondhand bookstores 逛旧书店

stockyard *n.* (临时关家畜的) 围栏 , 围场

muster *v.* 聚集 , 召集 : The chief mustered his

supporters . 首领把他的支持者召集起来。

trough *n* . 槽 , 水槽 : He led the horses to the watering trough . 他将马牵至饮水槽。

swap *v* . 交换 : I'll swap you 3 of mine for one of yours . 我想拿我的三个换你的一个。

阅读上面的短文 , 判断正 (T) 误 (F) 。

1 . Tommo works on a sheep station in the Northern Territory .

2 . The station is quite small .

3 . When they want to take the cattle to market they have to travel long distances to find them .

4 . Some stations use motorbikes to muster the cattle .

5 . Tommo flies a helicopter .

6 . When they are mustering , Tommo stays with the cattle at night .

7 . The cattle lose a lot of weight on the journey to the stockyards .

8 . Tommo gets very hot and dirty when he works .

9 . Tommo hates his job .

10 . Tommo prefers city living .

参考译文

大家好，我叫汤穆，在澳大利亚北领地地区的一家牧牛场工作。（编者注：查资料得知，澳大利亚人说话时，喜欢将字语缩短或在最后加上“e”或“o”音。此处“Tommo”则为“Thomas”的变体，音译为“汤穆”。）我们这里雨水不多，土壤也不太肥沃，所以只能让牛在很大范围内活动，这样它们才能获得成长及增重所需的充足食物。问题是，每到要将它们送到市场上时，我们就必须找到并把它们赶进围栏里。由于牧场范围大到2400平方公里，所以这是一件很辛苦的差事。

牧场经理通常都是乘坐飞机找牛。当他发现目标后，我们就骑马赶到那儿。我们不能使用机动车辆驱赶牛群，因为这里的大部分土地都布满岩石。相反，我们使用马匹和狗，要么就乘坐直升机在牛群上方低空飞行，把它们朝正确的方向赶。

我们每天不走很远，否则牛就会失去一年来积聚的体重。那样，我们卖牛时就挣不了多少钱了。所以我们赶着它们慢慢前行，每到晚上就在水坑或水槽旁停下过夜。水槽里总是积满了风车抽取的地下水。

每晚我们都在星空下露营。由于这里没有街灯，我们看到的星星数量远比城里人多。而且这里非常安静，除了牛群栖息的声音，再无其他声响。有时候，我们要花上数周才能把牛群赶回来。聚拢牛群是一件又热又脏又辛苦的工作，但也很有趣。即使给我一百万美元，我也不会拿现在的生活跟城里人换。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

residence	camouflage	bump	altitude	bounce
		trough		

() 1 . to move away quickly after it has hit a hard surface

() 2 . a long narrow open container used for holding food or water for animals

() 3 . a house or other place where someone lives , especially a large house used by an important person

() 4 . a way of hiding people or objects by making them look like the natural background

() 5 . the height of a place or thing above sea level

() 6 . a raised part on a surface

轻松一刻

幽默故事

A famous film director entered a restaurant .

After the meal , the owner asked him for advice . “If I change some of my cooks and their dishes still can't attract more customers , what shall I do ? ”

The director thought for a while and replied , “In our film

studio , if we continue to lose audience with the changes of some actors , the director will get replaced . ”

参考译文

一位著名的电影导演到一家餐馆用餐。

吃完后，饭店老板向他请教：“如果我换了几个厨子，饭菜还是不能吸引更多的顾客，我该怎么办？”

导演想了一会儿，答道：“在我们电影公司，如果连换几任演员，票房还是不佳，那就得换导演了。”

第15周

(答案参见此处)

Monday

题材：飞行经历 词数：264 建议阅读时间：5.5分钟

The red light flashed on : No smoking ! Fasten safety belts !
Our journey was ending .

I heard a whirring sound and guessed that our pilot was lowering the landing-wheels . The sound stopped and then was repeated several times . Stanton looked out of the window and frowned .

“Trouble , ”he said quietly to me . “The pilot can't get the wheels down . Now he'll have to try to shake them down . There must be something wrong with the hydraulic gear . ”

The plane flew round in a wide circle , rising and falling several times . The whirring sound was repeated another four times . Then we heard a voice .

“This is the Captain speaking . We're having trouble with the landing gear . Please prepare for an emergency landing . Check your belts . When we come in to land , bend forward in your seats . Put your head down and cover it with your arms . ”

The plane circled the airport twice . Then it flew in to land .

Through the window , I could see lines of cars for carrying the wounded and sick at the side of the runway . Fire-engines were speeding along . I bent forward and said a quiet prayer . Bump ! Bump ! We touched the runway , slid along it and heard sharp , unpleasant sounds . Somebody screamed .

With the final bump , the huge plane stopped half-way along the runway . Emergency doors were opened and some passengers slid down a wing .

“There's not much fuel aboard now , ”said Stanton , “so there shouldn't be...”

He never finished the sentence . It was our turn to slide down through a rear door . I said a prayer of thanks as we did so .

生词

whir *v* . (鸟) 发出嗡嗡声 , (机器) 发出呼呼声

frown *v* . 皱眉 : He frowned as though deep in thought . 他双眉紧皱 , 似在沉思。

hydraulic *adj* . 水压的 , 液压的 : hydraulic brakes 液压闸

gear *n* . (车辆的) 操纵装置 ; (飞机的) 起落架 : the landing gear of an aircraft 飞机的起落架

rear *adj* . 后面的 , 后部的 : Leave the bus by the rear entrance . 从车的后门下车。

阅读上面的短文 , 选择正确答案。

1 . The sign“No smoking”came on when the plane ____ .

- A . was going to land at the airport
- B . was going to make an emergency landing
- C . was just taking off from an airport
- D . was in some kind of trouble

2 . “Stanton looked out of the window and frowned . ”A reader could guess from this sentence that Stanton ____ .

- A . was a serious man
- B . was angry with the author
- C . realized that something was wrong
- D . had seen only one of the wheels

3 . The rising and falling of the plane was most probably caused by ____ .

- A . the lack of fuel
- B . the efforts being made to get the landing-wheels down
- C . the influence of the strong wind at that time
- D . Stanton's determination to repair the hydraulic gear

4 . We can tell from this passage that Stanton first became worried when he ____ .

- A . heard a whirring sound beneath the plane
- B . looked out and could not see the wheels
- C . heard the captain say that the hydraulic gear did not work well
- D . found the plane keep rising and falling

红灯亮了起来：请勿吸烟！系好安全带！我们的旅程即将结束。

我听到一阵呼呼的声音，知道飞行员正在放起落架。但声音突然停了，接着又重复了几次。斯坦顿紧皱着眉头看着窗外。

“麻烦大了，”他轻轻地告诉我。“飞行员无法将起落架放下。现在他会试着将其晃动下来。一定是飞机的液压装置出现了问题。”

飞机绕大圈盘旋着，上上下下晃动了几次。呼呼声又重复了4次。接着我们听到一个声音。

“现在是机长播报。我们的降落装置出现了问题。请做好紧急迫降的准备。请检查你的安全带。接触地面时，请在座位上保持身体前倾的姿势，并用双臂抱紧头部。”

飞机绕机场盘旋了两周，然后向地面冲去。透过窗户，我看到跑道边成排的准备接送伤病员的汽车，消防车正全速驶来。我身体前倾，口中默默祷告。嘭！嘭！我们碰到了跑道，然后在上面滑行起来，还能听到尖锐、刺耳的声音。有人尖叫起来。

伴随着最后“嘭”的一声，这架庞大的飞机停在了跑道的半中间。紧急出口被弹开，一些乘客从机翼上滑了下来。

“飞机上应该没有多少燃料，”斯坦顿说，“所以不会……”

他的话还没有说完，就轮到我们从后门滑下去了。在滑落的过程中，我一直默念着谢天谢地。

题材： 应对压力

词数： 489

建议阅读时间： 10分钟

It's 2009 . You feel sick , so you go to the doctor . She checks your fever , looks at your throat , and asks what you've been thinking about lately . When you leave , she gives you some medicine , but also a list of thinking skills that you are supposed to practice daily . She says that the way you think is causing some of your illness .

Doctors and other scientists who study the human mind and try to explain why people behave in the way that they do , called psychologists , are starting to believe it . You know that your brain is connected to every part of your body through your nervous system . Now scientists have proved that how you think and feel can have an influence on the health or your body .

Stress is caused whenever there is a problem or a change in your life . Of course , everybody has stress more or less ; nobody's life is perfect . In fact , stress is necessary . Without stress , we would never learn anything or grow or change . We would probably be bored to death . But too much stress can hurt you . It can weaken your body's protection so that you are more likely to catch diseases . It can even make you more likely to have an accident .

When you feel stress , your brain sends a message to your body to produce a chemical called *adrenaline* (肾上腺素) . Adrenaline speeds up your breathing and your heartbeat . Today you have a different kind of stress . Problems like endless homework or troubles with your family are the kinds of things you can't fight or run away from , so you don't use up all that adrenaline . It just

stays bottled up inside you , and that's what can do something bad to you .

What can you do about stress ? First , you can try to find ways to change things so you aren't under so much stress . You can set up a plan to finish homework or go to a doctor or a psychologist to try to work things out with your family or your friends . But sometimes you can't change a stressful situation . Sometimes you don't even want to . A big change might be a good change , but it will still be stressful .

The link between your body and brain works in two ways . Your body can help your mind deal with stress . If you are under stress , you need to take especially good care of your body . It's important to get enough sleep and eat nutritious meals . Some people take a vitamin-mineral pill every day . Another thing that you can do is daily exercise . If you go walking or do aerobic dancing or work out at the gym , you give your body a chance to burn up some of that adrenaline . Of course , a person who isn't used to much physical activity should start slowly . Anyone with a continuing physical problem should check with a doctor before starting any exercise programs .

生词

bottle up 装瓶；抑制（怒气等）：It's better to express your anger now and then , rather than bottle it up and have an big explosion . 最好偶尔发发火，而不要总憋着，最后来一次大爆发。

link *n* . 关联：Old friends are a link with the past . 老朋

友是连接往事的纽带。

mineral *n* . 矿物质 : Some people need to take vitamin and mineral supplements . 有些人需要补充维生素和矿物质。

pill *n* . 药片 , 药丸 : The doctor gave me some pills for the pain . 医生给了我一些止痛片。

阅读上面的短文 , 选择正确答案。

1 . A psychologist is a person who may help you with your

_____ .

- A . illness and abilities
- B . thoughts and behaviour
- C . mind and nervous system
- D . physical activity and daily exercise

2 . Which of the following is true according to the passage ?

- A . You shouldn't go to the gym if you are under stress .
- B . One can do his homework to burn up adrenaline .
- C . Diseases and accidents are caused by stress .
- D . Everyone needs stress to improve himself .

3 . From the last sentence of Paragraph 5 we can infer that

_____ .

- A . it's difficult to change a stressful situation
- B . it's not stressful when a good change takes place
- C . a big change will cause another stressful situation
- D . a stressful situation can't be changed without any effort

4 . What is probably the best title for this passage ?

- A . The Body-Brain Link
- B . The Causes of Stress
- C . The Advice on Health
- D . The Nervous System

参考译文

现在是2009年。你感到不舒服，所以去看医生。她询问你是否发烧，检查你的喉咙，并问你最近一直在想什么。当你离开时，她给你开了一些药，还给你列了一张应当每天练习的思考训练清单。她说，你现在的思维方式才是致病的原因。

研究人类大脑以试图解释人类行为方式的医生和科学家，也就是所谓的心理学家们，开始相信这种说法了。正如你所知，人的大脑通过神经系统与身体的所有部位连接。现在，科学家已经证明思考和感受的方式会对人的健康或身体产生影响。

当你的生活出现问题或发生变化时，压力就会产生。当然，每个人的压力大小不同，毕竟没有谁的生活是十全十美的。实际上，压力是必要的。没有压力，我们就不会学到任何东西，无法成长、无法改变。我们很可能会无聊至死。但过多的压力可能会对你造成伤害。它会削弱你身体的防御能力，使你更容易生病，甚至发生意外。

当你感到压力时，大脑会向身体发出信息，使身体产生一种叫肾上腺素的化学物质。肾上腺素会加快你的呼吸和心跳。今天，你面临着各种压力，比如没完没了的功课或与家人间的摩擦，这都是你无法抗拒或逃避的，所以你无法用完所有的肾上腺素，它郁积在你体内，这就是造成你身体不适的原因。

面对压力你能做什么呢？首先，要尽量寻找改变的方法，这样你就不会处于巨大的压力之下了。你可以制订计划来完成功课，去看医生或心理学家，尝试与家人或朋友共同解决问题。但有时候，你无法、甚至不想改变充满压力的现状。大的改变可能会带来好的结果，但过程仍会压力重重。

身体和大脑的联系以两种方式进行。身体能帮助大脑应对压力。如果你有压力，就更得注意照顾好身体。获得充足的睡眠和进食营养丰富的饭菜是很重要的。有些人每天都吃维生素矿物质药片。你能做的另一件事是日常锻炼。如果你经常散步、跳健美操或去健身，身体将获得燃烧肾上腺素的机会。当然，一个不习惯做太多体力活动的人应当逐步开始。身体一直不适的人在开始任何一项运动计划前都要咨询医生。

Wednesday

题材：死亡迁徙 词数：224 建议阅读时间：4.5分钟

In the Scandinavian countries such as Norway and Sweden , there is a kind of rat called travelling rats , which produce their young 7 or 8 times a year . The young will grow up in about 6 months and then produce their own young . So , in a few years these rats increase in great numbers . Usually they live together in the holes of high mountains and live on grass and roots of trees . What is strange is that every three or four years , they will migrate in thousands or even in millions , leaving a few of them in their original places .

The migration mainly goes on at night . In the daytime , they eat and rest . At night they go just straight forward , even if there is

a river before them . The rats in the front will drown themselves while the ones after them will make their way on the bodies of the drowned ones . Sometimes , the number of the rats may decrease greatly on their way because of diseases , bad weather or attacks from eagles and wolves . Once they reach the seaside , they keep on going fearlessly till all get drowned in the sea .

Why do they make such a migration ? Some suggest that it is due to lack of food . Some suggest that it is their habit . The real reason , however , remains to be discovered .

生词

migrate *v.* 迁徙 : These birds migrate northwards in spring and southward in fall . 这些鸟春天移栖北方 , 秋天移栖南方。

original *adj.* 原来的 : Our original plan was to go to Spain , but it was too expensive . 我们原计划去西班牙 , 但那里太贵了。

decrease *v.* 减少 , 降低 : The number of people visiting the park has decreased significantly . 游览这个公园的人数已经大大减少。

阅读上面的短文 , 选择正确答案。

1 . The travelling rat is a small animal that lives in ____ .

A . south Asia

B . west America

C . north Europe

D . east Africa

2 . Every three or four years , ____ of the travelling rats will leave their home in large groups .

A . all

B . some

C . most

D . few

3 . The rats keep on moving forward ____ .

A . unless they are prevented by a river

B . if there is no river or sea in their way

C . until they see the dead bodies of their fellows

D . even though they are faced with rivers

4 . The moving of the rats won't stop ____ .

A . because only a few of them have suffered from diseases

B . until all of them die out

C . since eagles and wolves cannot eat them all

D . until some of them manage to go back home

5 . The reason why the travelling rats make their death migration is ____ .

A . that it is hard for them to find enough food

B . that they produce their young at too high a speed

C . that they lose their temper every three or four years

D . not exactly known yet

位于斯堪的纳维亚半岛的国家，比如挪威和瑞典，有一种叫做旅鼠的老鼠。它们一年要繁殖七八次。幼鼠六个月左右发育成熟，然后繁育自己的后代。因此，几年之后，这些鼠的数量就会急剧增加。一般它们群居在高山的洞穴中，以草和树根为食。奇怪的是，每隔三四年，旅鼠就会成千上万甚至数以百万计地进行迁徙，只有少量旅鼠会留守在原来的洞穴里。

迁徙主要在夜间进行。白天，它们进食、休息。夜间，它们直线前进，即使有条河流挡在面前。前面的旅鼠会溺水而亡，后面的旅鼠则在被淹死的同类的身上继续前进。有时，旅鼠的数量在迁徙途中会急剧下降，这是因为疾病、恶劣天气的影响，或遭遇到鹰和狼的袭击。一旦它们抵达海边，就会毫无畏惧地继续前行，直到全部淹死。

为什么它们要进行这样的迁徙呢？有人认为是因为食物短缺，有人认为是它们的习性使然。然而，真正的原因还是个谜。

Thursday

题材：私人空间 词数：415 建议阅读时间：8.5分钟

People often say that the Englishman's home is his castle . They mean that the home is very important and personal to him . Most people in Britain live in houses rather than flats , and many people own their homes . This means that they can make them individual ; they can paint them , and change them in any way they like . Most house have a garden , even if it is a very small one , and the garden is usually loved . The house and the garden

are the private space of the individual .

People usually like to mark their space . Are you sitting now in your home or on a train ? Have you marked the space around yourself as yours ? If you are on the train you may put your coat or small bag on the seat beside you . If you share a flat you may have one corner or chair which is your own .

Once I was travelling on a train to London . I was in a section for four people and there was a table between us . The man on the opposite side to me had his briefcase on the table . There was no space on my side of the table at all . I was angry . Maybe he thought that he owned the whole table . I had read a book about non-verbal communication , so I took various papers out of my bag and put them on his briefcase ! When I did this he stiffened and his eyes nearly popped out of his head . I had invaded his space ! A few minutes later I took my papers off his case in order to read them . He immediately moved his case to his side of the table . Of course , it is possible that he just wanted to be helpful to me !

If you are visiting another country you may feel that you don't have any private space . Hotel rooms look much the same in every country in the world . All day long , you share public spaces with other people . You see the local people in their private spaces and you feel lonely and “outside” . Local people can create their private spaces by talking about things you don't know about . And you even feel that they like you to be outside them so that they will enjoy being inside even more ! This is one of the difficulties of being a traveller ! But if you understand it then it helps you . Haven't you enjoyed being part of a group and “owning” a bit of space ?

生词

section *n.* 区域, 部分: The smoking section of this theater is the balcony. 这家剧院的吸烟区在楼厅里。

briefcase *n.* 公文包

stiffen *v.* 变得僵硬: My back had stiffened up overnight. 一夜过后, 我的背也变得僵硬了。

pop *v.* (眼睛) 突出, 瞪出: The surprise made her eyes pop. 这一意外使她的眼睛瞪得大大的。

invade *v.* 侵犯: He claims investigators invaded his privacy by searching his garage. 他声称调查人员搜查他的车库侵犯了他的隐私。

阅读上面的短文, 选择正确答案。

1. The writer was angry as he was travelling on a train to London because ____.

- A. he had no place to sit
- B. someone had invaded his "space"
- C. too many people shared a section with him
- D. some other people talked about things he didn't know about

2. The expression "...*you feel lonely and 'outside'*" in Paragraph 4 means that ____.

- A. you are alone outside the house

- B . you feel lonely because you travel on your own
- C . you are alone and therefore you go outside to have some fun
- D . you feel lonely and you don't belong to that place or that group of people

3 . In Paragraph 4 , the pronoun“**them** ”refers to“ ____ ” .

- A . public spaces
- B . private spaces
- C . local people
- D . other countries

4 . Which of the following is true according to the passage ?

- A . British people dislike marking their space .
- B . You always feel at home in another country .
- C . Most British people prefer living in houses to flats .
- D . You can't mark your private space in a foreign country .

5 . The main purpose of the passage is to tell readers to ____ .

- A . own private spaces by living in houses
- B . have one corner of their own in public places
- C . realize the importance of“space”in communication
- D . create their private spaces by talking with local people

参考译文

人们常说，英国人的家就是他的城堡。也就是说，对他而言，家是非常重要的和私密的地方。大多数英国人住在独立的房子而不是公寓里，而且许多人拥有自己的房子。这意味着他们是独立的；他

们粉刷房子，以自己喜欢的方式改造房子。大多数房子都带有花园，即便很小也有一个，而且通常都是很可爱的花园。房屋和花园是房主的私人空间。

人们喜欢给自己的私人空间作标记。你现在坐在家里还是火车上？你将周围的地盘作出标记、表明为你所有了吗？如果你在火车上，你可以在旁边的座位上放上帽子或小包。如果你和别人合住一套公寓，可能某个角落或某把椅子是专属于你的。

有一次，我乘火车去伦敦。我所在的包间有4个人，我们之间有一张台子。坐在我对面的人把他的公文包放在了台子上。靠我这边的台子已经完全没有地方（放东西）了。我很生气。也许他以为他拥有整张台子呢。我曾经读过一本关于非语言交流的书，于是从包里拿出几份报纸，放在他的公文包上。当我这样做时，他的身体僵住了，眼珠子几乎要迸出来，因为我侵犯了他的私人空间。几分钟后，我从他的公文包上拿起报纸准备要看。他立刻把公文包移到了台子靠近自己的那一边。当然，也许他只是想给我提供方便！

如果你正在其他国家旅游，也许你会觉得没有任何属于自己的私人空间。宾馆的房间和世界上所有国家的房间都差不多。一天之中，你都在和别人分享公共空间。你看见当地人有自己的私人空间时，会觉得孤单，觉得被排斥在外。当地人通过说一些你不了解的事情创造出私人空间，你甚至会觉得他们想把你排斥在外，这样，他们就能享受更多的私人空间。这就是作为旅行者碰到的问题之一。但如果你明白了这点，或许会觉得释然。难道你没有享受过作为小团体中的一员、拥有一点私人空间的快乐吗？

Friday

题材：DIY生活

词数：328

建议阅读时间：6.5分钟

DIY , which means Do It Yourself , is quite popular in UK . Lots of stores and supermarkets sell DIY things . TV programmes show people how to DIY .

English people like DIY . There is a saying in UK—"An Englishman's home is his castle . "Huge numbers of people spend their holidays making their homes beautiful"castles" . If there is anything that needs fixing around their houses , such as painting the walls or putting in a new shower , they will do the jobs themselves . They share DIY experiences with their friends . More and more people have discovered the joy of DIY . Sometimes people also DIY for saving money . With the economic downturn at present , many people can not afford to buy a bigger house . They are looking at how they can make their houses better without spending a lot of money . It is not surprising that DIY is so popular .

DIY can be difficult . There is a huge market for DIY furniture which people need to put together themselves with a few basic tools . However , people often find it not easy to build a piece of furniture because they can't understand the instructions . Sometimes the instructions are simple and clear , but the furniture itself is difficult to build . One thing is for sure , though most DIY projects are started with the best intentions , many of them may not get finished . DIY can also be dangerous . For example , anything electrical should be done by a professional worker . Unluckily , many people don't care about this warning and put themselves in danger . It is reported that in just one year over 230 , 000 people were hurt while doing DIY in UK , including 41 , 000 who fell off ladders .

Therefore , DIY can bring us fun and help us save money , but it is not always as easy as it is thought to be if we bite off more than we can chew . Maybe factories should make products that are easier and safer for us to DIY .

生词

downturn *n* . 下降 , 衰退 : evidence of a downturn in the building trade 建筑业衰退的迹象

intention *n* . 目的 , 意愿 : She had no intention of accepting the invitation . 她不想接受邀请。

chew *v* . 咀嚼 : Chew your food thoroughly . 把食物嚼烂。 || **bite off more than one can chew** 贪多嚼不烂 , 承担力所能及的事 : If you take all those examinations at the same time , you'll probably be biting off more than you can chew . 如果你们同时参加所有的考试 , 也许就有些自不量力了。

阅读上面的短文 , 选择正确答案。

1 . How do many English people spend their holidays according to the passage ?

- A . Making their homes beautiful .
- B . Visiting their friends .
- C . Traveling all over the world .
- D . Making a lot of money .

2 . Why do English people like DIY ?

- A . Many stores sell DIY things .

- B . DIY can bring them fun .
- C . TV programmes teach them to DIY .
- D . All DIY projects are easy .

3 . What can we learn from the passage ?

- A . DIY is a waste of money .
- B . It is always difficult to DIY .
- C . We should be careful while doing DIY .
- D . It's very safe for us to DIY .

4 . In the passage , “*we bite off more than we can chew*” probably means ____ .

- A . we can eat everything we like
- B . we should do something difficult
- C . we do something that is too difficult
- D . we eat too much food that is not safe

参考译文

DIY , 意思就是自己动手, 这在英国很流行。许多商店及超市都卖DIY产品。电视节目也向人们展示如何DIY。

英国人喜欢DIY。英国有一句谚语——“英国人的家就是他的城堡。”相当多的人利用假日把自己的家装扮成美丽的“城堡”。如果他们的房子周围有需要修理的地方, 比如给墙涂漆或安装新的淋浴, 他们就会自己动手。他们和朋友分享DIY的经验。越来越多的人从DIY中找到乐趣。有时人们也会为了省钱而DIY。在目前经济下滑的情况下, 许多人买不起更大的房子。他们正在寻求如何少花钱又让房子变得更好。这样看来, DIY如此流行也就不足为奇了。

DIY可能很难。DIY家具具有巨大的市场空间，这样的家具需要人们利用一些基本工具把它们组装起来。然而，人们经常发现，组装一件家具并不容易，因为他们看不懂说明书。有时说明书简单明了，但家具本身很难组装。有一件事是肯定的：尽管大部分DIY项目开始时人们都抱着最美好的愿望，但可能它们中有许多最终无法完成。DIY也很危险。比如，任何与电有关的设备都应由专业人员来操作。不幸的是，很多人并不在意这个警告，因此常使自己置身于危险之中。据报道，在英国，仅一年中就有超过23万人在DIY时受伤，其中有4.1万人从梯子上跌落。

因此，DIY会带给我们乐趣，帮助我们省钱，但如果不量力而行，它常常不像想象得那么简单。也许工厂应该生产更容易、更安全的产品让我们DIY。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

rear	mineral	decrease	invade	intention	chew
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() 1 . to become less

() 2 . to take or send an army into another country in order to get control of it

() 3 . the outcome that is intended or that guides your planned ideas

() 4 . at the back of something

() 5 . a natural substance in some foods that you need for good health , for example , iron and calcium

() 6 . to bite and grind with the teeth

轻松一刻

幽默故事

One day shortly after I had come home from college , my father was outside doing yard work . He found a baby bird under a tree and assumed it had fallen from its nest . Wanting to return the tiny creature to its home , my dad went to get a ladder . When he got back , he found another baby bird on the ground .

Suddenly he heard a loud chirping from above . Looking up , my father saw the mother bird *giving* a third baby *the boot* ([俚] 把某人踢开) from its nest .

With that , Dad walked into our house , took one look at me watching television and barked , “Get a job ! ”

参考译文

我刚从学院毕业回家。一天，父亲在院子里干活。他发现树下有一只雏鸟，以为是从鸟巢里掉下来的。他想把这个小生命送回鸟巢，便去拿梯子，回来时，却发现地上又有一只雏鸟。

突然，他听到上面传来叽叽喳喳的声音。抬头一看，发现母鸟正把第三只雏鸟往外赶。

看到这些，父亲走进屋，看了一眼正看电视的我，吼道：“找工作去！”

第16周

(答案参见此处)

Monday

题材：个人情感 词数：262 建议阅读时间：5分钟

I was waiting for a phone call from my agent . He had left a message the night before , telling me that my show was to be cancelled . I called him several times , but each time his secretary told me that he was in a meeting and that he would call me later . So I waited and waited , but there was still no call . Three hours passing by , I became more and more impatient . I was certain that my agent didn't care about my work , and he didn't care about me . I was overcome with that thought . I started to shout at the phone , “Let me wait , will you ? Who do you think you are ? ”

At that time I didn't realize my wife was looking on . Without showing her surprise , she rushed in , seized the phone , tore off the wires , and shouted at the phone , “Yeah ! Who do you think you are ? Bad telephone ! Bad telephone ! ”And she swept it into the wastebasket .

I stood watching her , speechless . What on earth... ?

She stepped to the doorway and shouted at the rest of the house , “Now hear this ! All objects in this room—if you do anything to upset my husband , out you go ! ”

Then she turned to me , kissed me , and said calmly , “Honey , you just have to learn how to take control . ”With that , she left the room .

After watching a crazy woman rushing in and out , shouting at everything in sight , I noticed that something in my mood had changed . I was laughing . How could I have trouble with that phone ? Her antics helped me realize I had been driven crazy by small things . Twenty minutes later my agent did call . I was able to listen to him and talk to him calmly .

生词

overcome *v.* (**overcame** , **overcome**) 战胜 , 制服 : Government troops have finally overcome rebel forces in the north . 政府军最终制服了北部的反叛武装。

mood *n.* 情绪 : He listens to rock or classical music , depending on his mood . 他要么听摇滚乐 , 要么听古典乐 , 视心情而定。

antics *n.* 滑稽行为 : The clown amused the children by his antics . 小丑的种种滑稽动作逗乐了孩子。

1 . Why did the author shout at the telephone ?

- A . He was mad at the telephone .
- B . He was angry with his agent .
- C . He was anxious about his wife .
- D . He was impatient with the secretary .

2 . What did the author's wife do after she heard his shouting ?

- A . She said nothing .
- B . She shouted at him .
- C . She called the agent .
- D . She threw the phone away .

3 . What made the author laugh ?

- A . His own behavior .
- B . His wife's suggestion .
- C . His changeable feelings .
- D . His wife's sweet kiss .

4 . What does the underlined word“*antics*”refer to ?

- A . Smart words .
- B . Unusual actions .
- C . Surprising looks .
- D . Anxious feelings .

参考译文

我正在等经纪人的电话。昨晚，他给我留了个口信，告之我的表演被取消了。我给他打了几次电话，但每次秘书都说他在开会，并说他待会儿打过来。所以我一直在等，但他始终没有来电话。3个小时过去了，我变得越来越不耐烦，我敢肯定我的经纪人对我的工作一点都不重视，并且也不关心我。我被这种想法压垮了。我开始对着电话大喊：“让我等，对吧？你以为你是谁？”

那时，我没有意识到妻子正在看我。她没有表现出（对我失态的）惊讶，而是冲进来，抢过电话，扯掉电话线，对着话筒

喊：“没错！你以为你是谁？烂电话！烂电话！”并将其扔进废纸篓。

我站在那儿，无言地看着她，她到底……

她走到门口，对着房子的其他地方喊：“现在听着！这里的所有东西，如果你们惹我丈夫生气，那就滚出去！”

然后她转过身来，亲了亲我，冷静地说：“亲爱的，你必须学会控制（自己的情绪）。”说完，她离开了房间。

看到一个疯狂的女人冲来冲去，对着眼前的这一切大喊大叫，我意识到我的情绪发生了某种变化。我笑了。我怎么能对着电话生气呢？她滑稽的动作使我意识到，我被一些小事逼疯了。20分钟后，我的经纪人打来了电话。这时我已能冷静地倾听并和他沟通了。

Thursday

题材：体育活动 词数：266 建议阅读时间：5.5分钟

Students in our school have one thing in common—an interest in sports . According to their different aims in doing sports , they fall into three groups .

Many students go to the playground when they feel tired after a few hours of study . These students put much more stress on their study efficiency than the fun of sports . They just want to go back to their classrooms from the playground with a clearer and quicker mind . So they don't actually care whether they can enjoy themselves on the playground . Most of them choose long-distance running , the kind of exercise which few real sportsmen like . So

this group of students can be well regarded as study-oriented participants .

Students that make up the second group are real sports lovers . Sometimes they even put aside their studies for a match . They participate in the sport that interests them most , not caring whether it is good for their health . They may be called fun-oriented sports participants .

The third group want beauty from sports . Boys want to become strong ; girls want to be slim and graceful . Those who consider sports the only way of losing weight also belong to this group . They are very careful in choosing the kind of exercise they do , and are afraid that certain sports may influence their body shapes . The proper name for this group may be beauty-oriented sports participants .

No matter which group we belong to , we all benefit from sports . If you look around the school yard , you will find that bookworms have disappeared , and instead , there are healthy , strong , clever and modernized students everywhere .

生词

efficiency *n* . 效率 : These machines have raised efficiency many times . 这些机器将效率提高了许多倍。

oriented *adj* . 以.....为方向的 , 对.....感兴趣的 : an export-oriented economy 外向型经济

participant *n* . 参与者 : the participants in a televised

阅读上面的短文，选择正确答案。

1 . The common interest of the three groups is ____ .

- A . study
- B . sports
- C . fun
- D . beauty

2 . The study-oriented group ____ .

- A . think the study efficiency is more important
- B . enjoy themselves on the playground
- C . choose long-distance running as real sportsmen do
- D . want to study sports

3 . Which of the following belongs to the second group ?

- A . They care if sports are good for their health .
- B . Mostly they are interested in the sports .
- C . They want to have a clearer and quicker mind .
- D . They choose the kind of exercise they do carefully .

4 . In the beauty-oriented group , students ____ .

- A . just want to lose weight
- B . want to be strong
- C . want enough exercise
- D . think beauty is the most important

5 . According to the passage , we can find ____ all over the

school yard .

- A . students are good at sports
- B . bookworms have appeared
- C . healthy , strong , clever and modernized students
- D . students belong to many different groups

参考译文

我们学校的学生有一个共同点——对体育感兴趣。根据他们进行体育活动目的的不同，我们可以将其分为三个群体。

许多学生会在学习累了的时候到操场上放松一下。相对于体育带来的乐趣，他们更看重学习效率。他们只希望从体育场回到教室后，头脑更清晰，反应更敏捷。因此这些同学并不是很在意在操场上是否玩得尽兴。他们中的大部分人会选择长跑，这种只有少数运动员才喜欢的项目。所以这个群体可被称为学习导向型的体育参与者。

组成第二个群体的学生是真正的体育爱好者。他们有时甚至为了一场体育比赛而放弃学习。他们参与那些自己最感兴趣的体育项目，而不在乎是否对健康有益。他们可被称为娱乐导向型的体育参与者。

第三个群体想要通过体育运动达到健美的效果。男孩子想要更强壮，女孩子们希望更苗条、更优雅。那些将体育运动当成唯一减肥方式的人士也属此类。他们非常在意选择的运动项目，担心有些体育活动会影响他们的体型。这个群体最合适的名字应该是健美导向型的体育参与者。

不管我们属于哪个群体，我们都能从体育活动中受益。如果你

环顾校园四周，你会发现书虫们已经销声匿迹，取而代之的是无处不在的健康、强壮、聪明和富有现代气息的学生们。

Wednesday

题材：招聘 词数：194 建议阅读时间：4分钟

You have heard of Webster Toys . Webster's have made good , safe , interesting toys for more than a hundred years . Now , we sell them , and children play with them , in countries from New Zealand to Germany , and from Japan to Canada . We are looking for someone to sell our toys in the Far East . He/She will be between the ages of thirty and forty . He/She will already have some years of selling in world markets . He/She will speak good English and at least one other language of the Far East .

The person we are looking for will live in Australia , and work in our office there , but he/she will travel for up to six months in any one year . He/She will know the Far East quite well already . He/She will know how to sell in old markets , and where to find new ones . He/She will understand money , and make more than ever , for himself/herself , and for Webster Toys .

Webster's want someone who can stand on his/her own feet . If you think you are the person we are looking for , write to Mr . J . Sloman at our Head Office .

Webster's Toy Ltd .

Church Mill , Watford , London

生词
stand on one's own feet 独立自主，自立：My uncle offered to help me，but I told him I would rather stand on my own feet．我叔父提出要帮助我，但我告诉他我宁愿自力更生。

阅读上面的短文，选择正确答案。

1 . The head office of Webster Toys Ltd . is in ____ .

- A . Australia
- B . New Zealand
- C . Germany
- D . England

2 . Children play with Webster toys ____ .

- A . in many countries in the world
- B . in eight countries around the world
- C . mostly in four countries of the world
- D . only in some eastern countries

3 . “*He will already have some years of selling in world markets*” means that he has ____ .

- A . sold things for the Webster's for some years
- B . already sold toys to some markets in the world
- C . already sold things in different parts of the world
- D . sold a large number of Webster toys to the world

4 . “Someone who can stand on his own feet” means ____ .

- A . someone who knows where to do his business
- B . a person who understands money better
- C . someone who knows how to make room for others
- D . a person who can work by himself

5 . Which person could be the right one for the Webster's ?

A . He/She is 35 , speaks good English and a Far Eastern language , can travel for up to six months in a year and knows how to make more money .

B . He/She is 28 , speaks good English and some other foreign languages , enjoy travelling and making more money for the Webster toys .

C . He/she is 40 , speaks good English and any other Far Eastern languages , knows Far East well and how to make more money for himself/herself .

D . He/She has lived in Far Eastern countries for years , speaks good English and other foreign languages , knows how to open new markets .

参考译文

你一定听说过韦伯斯特玩具公司。一百多年来，我公司生产出大量质量优良、安全有趣的玩具。现在，我们要把玩具卖给从新西兰到德国、从日本到加拿大的世界各地的孩子们。我们正在寻找远东地区的代理人。他/她的年龄应当在30岁到40岁之间，拥有多年的国际市场销售经验，会说一口流利的英语以及至少一种远东地区的语言。

我们正在寻找的人将长驻澳大利亚，并在我们位于那里的分支机构办公。但每年的出差时间最多要达6个月。他/她必须对远东地

区有充分的了解，知道如何在已有的市场销售，知道如何开辟新的市场。他/她要懂得赚钱，并且能够赚到更多钱，为了自己，也为了公司。

韦伯斯特玩具公司需要独立自主的人。如果你认为自己就是我们正在寻找的人，请写信给总部的J．斯洛曼先生。

韦伯斯特玩具有限公司

伦敦市沃特福德镇米尔教堂

Thursday

题材：旅行说明 词数：184 建议阅读时间：3.5分钟

Welcome to Phillip Island Nature Park and the Penguin Parade . You will see the world's smallest penguins—the Little Penguins appearing from the ocean and crossing the beach to their home in line . It's a natural experience . Remember the Little Penguins are wild . You are a visitor to their home .

Making the most of your visit

Here are some useful hints for you :

- The Penguin Parade lasts 50 minutes from the time penguins first cross the beach .
- Dress in warm clothes , for the Parade is in the open air on the beach .
- It is best to get down to the beach at least 15 minutes before

the Parade begins .

Protecting the Penguins

We do have some simple rules—designed to protect the penguins and make your visit more enjoyable .

- Photography—including video cameras is not allowed during the Parade . Make sure that your camera is placed inside your bag , or in a bag provided , before walking down to the beach . Photographs can be bought at a proper price in the gift shop .

- Smoking is not allowed anywhere .

- And remember , the penguins are wild birds so please don't try to touch them !

生词
parade <i>n</i> . （庆祝）游行；阅兵式；列队：be on parade在接受检阅；在列队行进 hint <i>n</i> . 提示，暗示：He's been dropping hints that he might not return next year . 他一直在暗示自己明年可能不会回来。

阅读上面的短文，选择正确答案。

1 . During the Penguin Parade , people ____ .

A . are allowed to smoke

B . had better wear warm clothes

- C . have to hand in their bags
- D . can take photos of the penguins

2 . Which of the following statements is WRONG ?

- A . The Little Penguins go back home in line .
- B . The whole Penguin Parade lasts 50 minutes .
- C . People have a chance to touch the penguins .
- D . The Penguin Parade takes place on the beach .

3 . The passage is written mainly to ____ .

- A . help make people's visit more pleasant
- B . introduce the life of the Little Penguins
- C . welcome people to Phillip Island Nature Park
- D . encourage people to protect the Little Penguins

参考译文

欢迎来到菲利浦岛自然公园观看企鹅列队。 在这里，你将看到世界上最小的企鹅——矮企鹅——从海上出现，排队穿过沙滩，陆续归巢。 这将是一次对大自然的体验。 请记住，矮企鹅是野生动物。 你是它们家园的访客。

充分享受这次旅程

下面提供一些对你有帮助的提示：

- 从开始穿越沙滩算起，企鹅列队持续50分钟。
- 请穿上保暖的衣服，因为企鹅列队是在户外沙滩上进行的。
- 最好在企鹅列队开始前15分钟来到沙滩。

保护企鹅

为了保护企鹅，也为了让你的旅程更加愉快，我们制定了几条小规则。

- 企鹅列队期间禁止拍照、摄像。下沙滩前请将相机装进自己的包里，或是工作人员提供的包里。 企鹅相片可以在礼品店里购买，价钱公道。
- 任何场所禁止吸烟。
- 请记住，企鹅是野生鸟类，不要随意触摸。

Friday

题材：健身方法 词数：242 建议阅读时间：5分钟

Sitting on exercise balls brings more than a smile to students and teachers .

Some fourth-graders at Conrad Weiser West Elementary School in Womelsdorf love their new chairs—probably because they're not really chairs at all .

The kids are sitting on the air-filled balls . But different from those just for exercise , these have small legs that keep them from rolling . Sitting on a chair all day in school can make anyone want to move around . So , more and more teachers are letting students have a ball . By using exercise balls instead of common chairs , teachers find students' posture and attention improved .

Dotti Pownall , a fifth-grader teacher in West Virginia , has

been using balls as chairs since December 2008 . “The students love them , ”she says . Pownall took a survey of her students . She found that 80 percent thought sitting on the balls helped them concentrate better .

“Besides , they're fun , ”says Pownall .

According to WittFitt , a company that has sold balls to more than 200 schools , they can improve kids' posture and classroom behavior .

Exercise ball chairs are getting popular in classrooms , from preschool to college . Some adults even use them at work .

Lisa Witt felt so strongly about the use of balls as chairs that she started WittFitt . She said the company not only encourages the use of balls but also educates teachers and students on how to use them .

“We sell balls in 24 states in America , three provinces in Canada and Japan , ”says Witt .

生词
posture <i>n</i> . 姿势 ; 仪态 : These exercises will improve your posture . 这些锻炼会使你的仪态更好。 concentrate <i>v</i> . 专注 : He is unable to concentrate upon his academic research . 他不能专心于他的学术研究。

阅读上面的短文 , 选择正确答案。

- 1 . Sitting on exercise balls can ____ .
- A . improve students' attention
 - B . make students smarter
 - C . keep students moving around
 - D . help students become fit
- 2 . According to the passage , the company WittFitt ____ .
- A . began to produce balls in 2008
 - B . sells balls in 24 countries
 - C . was set up by Lisa Witt
 - D . is famous around the world
- 3 . It can be seen from the passage that ____ .
- A . exercise balls have no legs
 - B . Pownall works as a teacher
 - C . students hate exercise balls
 - D . exercise balls are filled with sand
- 4 . The passage mainly tells us about ____ .
- A . the shape of exercise balls
 - B . the use of exercise balls
 - C . the number of exercise balls
 - D . the inventor of exercise balls

参考译文

坐在健身球上给学生和老师带来的不只是笑脸。

沃梅尔斯多夫市康拉德·韦泽西部小学4年级的一些学生很喜欢

他们的新椅子——也许这是因为它们实际上根本不是椅子。

孩子们坐在充满空气的健身球上。但和那些仅供健身用的球不同，这些球上装有小支架，可以使它们不至于到处乱滚。在学校里，整天坐在椅子上，谁都想动一动。因此，越来越多的老师让学生使用这种球。坐在健身球而不是普通的椅子上，老师发现学生的坐姿和注意力都得到了改善。

多蒂·波纳尔是西弗吉尼亚5年级的老师，她从2008年12月起就开始使用健身球代替椅子。“学生们非常喜欢，”她说。波纳尔对自己的学生做了一项调查。她发现80%的学生认为坐在健身球上能让他们更加专注。

“此外，这很有趣。”波纳尔说。

根据威特·菲特公司的说法，这些球能改善孩子们的坐姿和课堂行为。该公司已将这种球售往200多所学校。

把健身球作为椅子使用在课堂上正变得越来越流行，波及面从幼儿园到大学。有些成年人甚至在工作时也使用这些椅子。

莉萨·威特对健身球作为椅子使用有强烈的感受，因此创办了威特·菲特公司。她说，这家公司不仅鼓励大家使用健身球，还教老师、学生如何使用。

“我们已将这种球售往美国的24个州、加拿大的3个省和日本。”威特说。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

efficiency	participant	parade	hint	posture
concentrate				

() 1 . to think about what you are doing and not about anything else

() 2 . someone who takes part in something

() 3 . the ability to work well and produce good results by using the available time , money , supplies etc in the most effective way

() 4 . an indirect suggestion

() 5 . the arrangement of the body and its limbs

() 6 . a line of people who are walking together for a special reason , while other people watch them

轻松一刻

幽默故事

The visitor to London was quite disgusted . “Rain , rain , rain , fog , fog , fog , ”he shouted to his guide . “When do you have summers in England ? ”

“I say , ”replied the guide . “That is a difficult question . Last year I believe it came on a Wednesday . ”

参考译文

一位来伦敦的游客十分沮丧。“雨，雨，雨，雾，雾，雾，”他对导游嚷道，“你们英国什么时候才有夏天？”

“这个嘛，”导游答道，“还真难说。去年我记得好像是个星期三。”

第17周

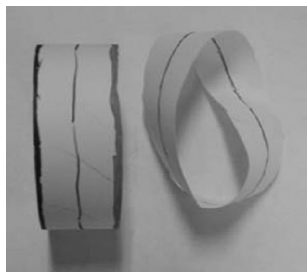
(答案参见此处)

Monday

题材： 神奇的纸条 词数： 229 建议阅读时间： 4.5分钟

Take any long piece of paper . Now glue the ends of the paper together . You have made a ring .

Take a second long piece of paper . Twist the paper once and glue the ends together . Now you have made a Mobius band . For people who study maths , this band is unusual .



This band was first made in the 1800s by a German man named August Mobius . Mr . Mobius studied maths . He wanted to find a way to show how this band works with maths . Believe it or not , this band has only one surface . You can find this out for yourself .

If you draw a line on the surface of the paper before you twist

and glue it , the line is only on one side of the paper . The paper has two surfaces . But if you draw a line after you make the Mobius band , you can follow the line around all sides of the paper . In other words , the Mobius band must have only one surface .

It's a kind of fun to see what happens when you cut the band . If you cut the Mobius band in half once down the line you draw , you don't get two Mobius bands . Instead , after you cut the band , it turns into one large twisted ring . Then , if you cut the band again , you get two connected Mobius bands .

Try it !

生词

twist *v.* 扭弯 : She sat there twisting her handkerchief into a knot . 她坐在那儿 , 把手帕拧成了一个结。

band *n.* 带 , 箍 , 圈 : She wore a band round her hair . 她头发上戴着发带。

阅读上面的短文 , 选择正确答案。

1 . What is a Mobius band ?

- A . A maths problem .
- B . An interesting twisted ring .
- C . A long piece of paper .
- D . Two connected rings .

2 . Which is right about August Mobius ?

- A . He studied maths .
- B . He was a German .
- C . He made the first Mobius band .
- D . All of the three .

3 . How can you see that the Mobius band has only one side ?

- A . Cut it .
- B . Draw a line on it .
- C . Glue it .
- D . Twist it .

4 . What do you get if you cut the Mobius band in half once ?

- A . A large twisted ring .
- B . Two Mobius bands .
- C . A long piece of paper .
- D . Two long pieces of paper .

5 . What do you get if you cut the Mobius band in half twice ?

- A . One large twisted ring .
- B . A long piece of paper .
- C . Two Mobius bands .
- D . A short piece of paper .

参考译文

任意拿一张长纸条，将纸条两端粘贴起来，你就制成了一个纸环。

拿起第二张长纸条，将纸条扭转 180° ，然后将纸条两端粘贴在

一起，你就制成了一个默比乌斯带。对于那些从事数学研究的人来说，这种带子可不同寻常。

19世纪时，一位名叫奥古斯特·默比乌斯的德国人首次制成了这种带子。默比乌斯从事数学研究，他想找到一种方法演示这种带子与数学的联系。信不信由你，这种带子只有一个面。这一点你自己就能发现。

如果你在扭转、粘贴纸条前在纸条上画一条线，这条线只在纸条的一个面上。当然，纸条有两个面。但如果你把纸条制成默比乌斯带后，再画上一条线，你就可以沿着这条线经过纸条的所有面。换句话说，默比乌斯带一定只有一面。

观察剪开带子后所发生的现象也是一种乐趣。如果你沿着所画线条剪开，将带子一分为二，你没有得到两个默比乌斯带。相反，当你如此剪开后，它变成了一个大的扭曲着的纸环。如果再剪一次，你会得到两个互相嵌套的默比乌斯带。

试一下你就知道了！

Tuesday

题材：好莱坞电影产业 词数：347 建议阅读时间：7分钟

Where in the world can you take an hour's train ride , and pass a forest , a London street , a scene from the Wild West , and a burning building that never burns down ? There's only one place , and that's Hollywood , in California . The scenes you see from the tourist train are film sets in Universal Studios , one of the oldest and largest movie companies in the USA .

A visit to Universal Studios brings back memories of the great days of Hollywood , the films and the stars . But they are only memories . Hollywood isn't quite the same as it used to be . Costs have gone up and confidence has gone down . Movie-makers are afraid to spend their money on expensive new ideas . Instead , they repeat old ones .

The film industry is changing fast . Teenagers still go out to the movies . The theater is a good place to meet friends away from home . But older people mostly stay home to watch films , or long-running series , on their own televisions or video players . Big TV series , like *Dynasty* , have become as important to Hollywood as expensive movies . These“soap operas” , as they are called , show rich , powerful families living in beautiful homes and wearing beautiful clothes . But the actors and actresses are nearly all middle-aged , like many of the people who watch them .

Though it is soap operas that are keeping the film-makers of Hollywood in business , big films are still being made in America . But more and more of them are made outside Hollywood . New York is the most important new center , but there are many others as well . Movie-makers have realized that they don't need Hollywood any more . Modern cameras and other equipment are smaller and lighter . They can be taken to film real streets and real houses instead of expensively made copies in a studio . Other states , especially Florida and Texas , are working hard to make the film business away from California . They are offering better working conditions and lower cost .

But Hollywood is fighting back . The state of California is trying hard to keep its best-known industry .

生词

set *n.* 布景, 道具, 场景: Everyone must be on the set ready to begin filming at ten o'clock. 每个人都必须到达布景地准备10点钟开拍电影。

long-running *adj.* 持续很久的: a long-running soap opera 一部上映时间很久的“肥皂剧”

dynasty *n.* 王朝, 朝代: The dynasty he founded ruled for 700 years. 他创建的王朝统治了700年。

阅读上面的短文, 选择正确答案。

1. From the passage, we know Universal Studios is ____.

- A. a very large park
- B. a busy London street
- C. a famous movie company
- D. an old Hollywood movie

2. The movie industry in California isn't as successful as before because ____.

- A. young people don't go to movie theatres any more
- B. there is strong competition from other states
- C. its movie companies are in need of young stars
- D. the state hasn't put a development plan into action

3. Which of the following seems to be a threat to Hollywood?

- A. The use of modern cameras and other equipment.

- B . The interest of middle-aged film fans .
- C . The making of TV series like *Dynasty* .
- D . The expensively made copies of scenes .

4 . What can we learn about “soap operas” from the passage ?

- A . They are teenagers' favourites .
- B . They are much more expensive .
- C . They are less attractive .
- D . They are cheaper and easier to make .

5 . The passage mainly tells us ____ .

- A . something about the film industry in the USA
- B . the importance of soap operas in Hollywood
- C . the good old days of Hollywood
- D . the film business in California

参考译文

你坐上火车。在一个小时的车程内，你能够领略到森林的美景，也能够徜徉于伦敦的街头，接着西部荒原的风沙扑面而来，然后是从未熄灭的熊熊燃烧的大楼。到底在哪里你能有如此的体验呢？只有一个地方，那就是位于加利福尼亚的好莱坞。你从观光车上看到的各种奇景都是环球影城中的布景。环球影城是美国最早建立、规模最大的电影公司之一。

游览环球影城能够触发（人们）很多对好莱坞往日辉煌的回忆，其中既包括电影也包括影星。但那只是回忆罢了。好莱坞已今非昔比。各项费用高涨，（人们）往日的雄心也已不再。电影制作人战战兢兢，唯恐投资昂贵的新创意得不到回报，只好重复拍些老

套路的片子。

电影工业变化迅猛。年轻人还会涌向影院。对他们来说，电影院是走出家门会见朋友的绝佳地点。但年长一些的人大多会待在家里，观看电视或录像机播放的电影或连续剧。对好莱坞来说，《王朝》之类的大型

电视连续剧已经变得与巨资打造的电影同等重要。这些“肥皂剧”，如同它们的名字一样，是以表现那些住豪宅、穿华服的有钱有势家族的生活为主题的。但其中的演员如同它们的观众一样，已然人近中年。

尽管肥皂剧维持了好莱坞电影制作人的生存，但美国大片依然不断涌现。只不过它们越来越多地出自好莱坞之外的地方。纽约是最重要的新兴中心，当然也有其他地方。电影制作人已经意识到他们不再需要好莱坞了。现代化的摄影机和其他设备正变得更加小巧和轻便。他们可以携带这些设备拍摄真正的街道和建筑，而不是摄影棚中昂贵的复制品。其他一些州，特别是佛罗里达和得克萨斯，正在积极促使这一行业摆脱对加利福尼亚的依赖。他们正在提供相对较好的工作环境和较低的制作费用。

与此同时，好莱坞也展开了反击。加利福尼亚正尽力保住自己最出名的产业。

Wednesday

题材：环境保护 词数：337 建议阅读时间：6.5分钟

One cool April 22 morning , people started the day as usual . Yet it was not a normal day . What's so special about April 22 ? The answer is simple . It is Earth Day . People all over the world

celebrate this important day . The idea of having a special day to celebrate Earth began in the 1960s . Life was very different then . Few people talked or even thought about the environment . Most people had no idea how dirty our air and water were .

On April 22 , 1970 , twenty million Americans joined the first Earth Day activities . They showed that people really did want to do something about the environment . Since then laws have been passed to protect the air , water , land , and animals .

The vehicles such as cars and buses you ride in must pass tests to make sure they don't cause too much pollution . Thanks to this law , cars today release about half as many bad chemicals as cars did back in 1970 . As a result , the air we breathe is cleaner than it once was .

Rivers and lakes are also cleaner today than they were in the 1970s . It's a good thing because they needed a lot of help . The Cuyahoga River in Ohio was so polluted that rubbish and oil on the river even caught fire ! Today , the river is cleaner . It no longer burns . It's healthy enough for birds , fish , and other animals .

Now the celebration has spread to other countries . More than 175 countries take part each year .

In 2007 , people in China paid much attention to a big problem . People were throwing away 27 million plastic bags a day ! People had "Bye-Bye Throwaway Culture Week . " They wanted everyone to see how polluted it was to throw away so many plastic bags . In 2008 , China passed new laws against them .

Every April 22 , millions get together to clean and protect

Earth . They also celebrate how far we have come . Our job is to put this knowledge to work . You can help keep our planet healthy too !

生词

normal *adj* . 正常的 : It is normal to want a steady job . 想要一份稳定工作的想法是很正常的。

release *v* . 释放 , 排放 : It came quite close to releasing radioactivity into the environment . 它差点向周围环境泄漏出放射性物质。

throwaway *n* . 一次性使用的物品 : the modern throwaway society we live in 我们所生活的一次性物品泛滥的社会

阅读上面的短文 , 回答问题。

1 . Is Earth Day on April 22 ?

2 . What caught fire on the Cuyahoga River ?

3 . How many countries take part in the celebration each year now ?

4 . Why did Chinese people have “Bye-Bye Throwaway Culture Week” ?

5 . What are the purposes of celebrating the Earth Day ?

参考译文

4月22日上午，天气凉爽，人们像往常一样开始了一天的生活。但这一天又是不平凡的。4月22日为什么如此特殊呢？答案很简单，因为这一天是“地球日”。全世界的人都在庆祝这个重要的日子。设定一个特殊的日子来关注地球，这个主意出现于20世纪60年代。那时的生活和现在大不相同，很少有人谈起或想到环境问题。大多数人还没有意识到我们的空气和水已经很脏了。

1970年4月22日，2000万美国人参加了第一个地球日活动。这表明人们确实想为环境做点什么。从那时起，保护空气、水、土壤和动物的法律陆续出台了。

你乘坐的汽车、公共汽车之类的交通工具必须通过检测，确保它们不会造成太大的污染。幸亏有了这个法律，现在的汽车排放的有毒化学物质只有1970年的一半。因此，我们呼吸的空气比过去干净多了。

现在的河流和湖泊也比20世纪70年代的干净。这是好事，因为要花很大力气才能解决水污染带来的问题。俄亥俄州的凯霍加河曾经污染严重，河上漂浮的垃圾和油性物质甚至着起火来！现在，河水干净多了，不会再燃烧。对鸟类、鱼类和其他动物来说，它是足够卫生了。

现在，庆祝活动已传播到其他国家。全世界每年有超过175个国家参加。

2007年，有个大问题也引起了中国人的充分关注。人们每天扔掉的垃圾袋多达2700万只！人们举办了“告别一次性物品文化周”。他们想让每个人都看到丢弃如此之多的垃圾袋会造成多大的污染。2008年，中国通过了禁止滥用垃圾袋的新法律。

每年的4月22日，数百万人聚集在一起清洁并保护地球，他们同时庆祝我们在环保方面取得的进步。我们的任务是把这种意识付诸行动。你也能保持地球健康贡献一分力量。

Thursday

题材： 发明家的影响力 词数： 133 建议阅读时间：
2.5分钟

Thomas Alva Edison was given more patents on inventions than any other American . When he died in 1931 , Americans wondered how they could best show their respect for him .

One suggestion was that the nation observe a minute or two of total blackout . All electric power would be shut off in homes , streets , and factories .

Perhaps this suggested plan made Americans realize fully what Edison and his inventions meant to them . Electric power was too important to the country . Shutting it off for even a short time would have led to complete confusion . A blackout was impossible .

On the day of Edison's funeral , many people silently dimmed their lights . In this way they honored the man who had done more than anyone else to put the great force of electricity at his

countrymen's fingertips .

生词

patent *n* . 专利 : The Patent Office is a government department which issues patents . 专利局是签发专利证的政府部门。

observe *v* . 庆祝 , 纪念 : Russians observed a day of mourning for the victims . 俄罗斯人为死难者默哀一天。

confusion *n* . 混乱 : Inside the building was a scene of total confusion . 楼里是一派乱七八糟的景象。

funeral *n* . 葬礼 : He flew home to arrange for his father's funeral . 他乘飞机回家去安排父亲的葬礼。

dim *v* . (使) 暗下来 : The theatre lights dimmed and the show began . 剧场的灯光暗了下来 , 表演开始了。

fingertip *n* . 指尖 || **at sb.'s fingertips** 近在手边 ; 随时可供使用 : He has all the information he needs at his fingertips . 他手头有自己所需要的所有信息。

阅读上面的短文 , 选择正确答案。

1 . This selection says that Thomas Edison ____ .

- A . was the only important American
- B . received the first American patent
- C . received more patents than any other American
- D . was the first American inventor

2 . The suggested plan was to ____ .

A . turn off the lights in factories and schools

B . observe a few minutes of total silence

C . dim all electric lights

D . shut off all electricity for a short time

3 . Americans fully realized what Edison's inventions meant when they ____ .

A . heard of his death

B . heard of the plan to honor him

C . first used electric power

D . tried to carry out the plan

4 . This selection was probably written to ____ .

A . tell about Edison's inventions

B . explain electricity

C . prove that people wished to honor Edison

D . show that Edison was living in the countryside

参考译文

托马斯·阿尔瓦·爱迪生获得的发明专利的数量在美国无人能及。1931年他去世时，美国人都在想，他们怎样才能最好地表达对他的敬意。

其中一个建议是全美国停电一两分钟。到那时，所有的住家、街道和工厂全部断电。

也许这个提议能让美国人充分认识到爱迪生及其发明的价值。

电力对这个国家实在太重要了，即使断电很短的时间，都会造成彻底的混乱。所以断电的计划没有可行性。

在爱迪生葬礼那天，很多人默默地调暗了灯光。他们用这种方式向爱迪生表达敬意，因为他做出了无与伦比的贡献，把功能强大的电力送到了国民的手边。

Friday

题材：动物趣谈 词数：282 建议阅读时间：5.5分钟

Honey from the African forest is not only a kind of natural sugar , it is also delicious . Most people , and many animals , like eating it . However , the only way for them to get that honey is to find a wild bees' nest and take the honey from it . Often , these nests are high up in trees , and it is difficult to find them . In parts of Africa , though , people and animals looking for honey have a strange and unexpected helper—a little bird called a honey guide .

The honey guide does not actually like honey , but it does like the wax in the beehives . The little bird cannot reach this wax , which is deep inside the bees' nest . So , when it finds a suitable nest , it looks for someone to help it . The honey guide gives a loud cry that attracts the attention of both passing animals and people . Once it has their attention , it flies through the forest , waiting from time to time for the curious animal or person as it leads them to the nest . When they finally arrive at the nest , the follower reaches in to get at the delicious honey as the bird patiently waits and watches . Some of the honey , and the wax , always falls to the ground , and this is when the honey guide takes its share .

Scientists do not know why the honey guide likes eating the wax , but it is very determined in its efforts to get it . The birds seem to be able to smell wax from a long distance away . They will quickly arrive whenever a beekeeper is taking honey from his beehives , and will even enter churches when beeswax candles are being lit .

阅读上面的短文，选择正确答案。

1 . Why is it difficult to find a wild bees' nest ?

- A . It's small in size .
- B . It's hidden in trees .
- C . It's covered with wax .
- D . It's hard to recognize .

2 . What do the words "*the follower* " in Paragraph 2 refer to ?

- A . A bee .
- B . A bird .
- C . A honey seeker .
- D . A beekeeper .

3 . The honey guide is special in the way ____ .

- A . it gets its food
- B . it goes to church
- C . it sings in the forest
- D . it reaches into bees' nests

4 . What can be the best title for the text ?

- A . Wild Bees

- B . Wax and Honey
- C . Beekeeping in Africa
- D . Honey-Lover's Helper

参考译文

非洲丛林中的蜂蜜不仅是一种天然的食糖，而且非常美味。大部分人、甚至很多动物，都对其钟爱有加。但获取这种蜂蜜的唯一方法是找到野蜂的蜂巢，然后从中采集。但这种蜂巢通常高悬树上，很难被发现。然而，在非洲的某些地区，人和动物却通过一个陌生而出人意料的助手寻找蜂蜜——那就是一种名为蜂蜜向导的小鸟。

蜂蜜向导并不是真的喜欢蜂蜜，它们更喜欢蜂房中的蜂蜡。由于蜂蜡深藏于蜂巢内部，这种小鸟无法将其取出。因此，当一只小鸟找到合适的蜂巢后，它会找人来帮忙。蜂蜜向导发出响亮的鸣叫以引起过往行

人或动物的注意。一旦引起人或动物的注意，它便飞过丛林，还时不时地停下来等待好奇的人或动物，直到将他们引至蜂巢前。最终找到蜂巢后，跟随而来的人或动物便开始采食可口的蜂蜜，而小鸟则在一旁耐心等待、观察。总有些蜂蜜和蜂蜡会掉到地上，这时，蜂蜜向导便得到了自己的那份。

科学家并不清楚为什么蜂蜜向导喜欢蜂蜡，但它们在为获取蜂蜡而付出努力时的态度是坚定的。这些鸟儿似乎能从很远的地方嗅到蜂蜡的味道。无论养蜂人何时将蜂蜜从蜂房中取出，它们都会迅速赶来。当蜂蜡制成的蜡烛被点燃时，它们甚至会（循味）飞进教堂。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

twist	band	dynasty	throwaway	patent	dim
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() 1 . to make something not bright or not clear

() 2 . an official licence from the government that gives one person or company the right to make or sell a certain product and prevents others from copying it

() 3 . a product that has been made to be used for a short time only and then thrown away

() 4 . a flat narrow piece of cloth with the ends joined together to form a circle

() 5 . a family whose members rule a country or region for a long period of time

() 6 . to force something out of its original shape by bending it or turning it round

轻松一刻

幽默故事

The dentist said to the patient , “Don't be afraid and drink

these brandy . ”The patient grasped the bottle and drank up the wine quickly . “Are you afraid or not ? ”the dentist asked .

“Afraid ? ”the patient roared , “Let me see who dare touch my teeth ! ”

参考译文

牙医对病人说：“别害怕，把这些白兰地喝下去。”病人抓起酒瓶一饮而尽。“还害怕吗？”牙医问。

“害怕？”病人吼道，“我倒要看看谁敢动我的牙齿！”

第18周

(答案参见此处)

Monday

题材：失踪的旅行者 词数：273 建议阅读时间：5.5 分钟

Yesterday the police were joined by more than 20 volunteers in the continuing search for the two missing teenagers , Vicky Gary and Tom Hunter , and their guide , Gavin Jones . The police said that they had disappeared during an adventure tour of Cape York Peninsula .

This was the second day of the search and the police were now very worried about the safety of the three missing people .

The police said that the search had covered a wide area , but the rainforest was thick and their work was made harder by the recent rain . Later on Chief Inspector Roger Fleet said , “The travellers had a radio with them . If they had been in trouble , they would have called us . ”

The three travellers left Cooktown very early on Saturday morning in a Toyota car . They took a small dirt road that runs down to the Daintree River , a dangerous river full of crocodiles . Chief Inspector Roger Fleet said that the tourists wouldn't have got into trouble if they had stayed on the main road .

A photo of Vicky and Tom was found by a policeman under the “Be Careful about Crocodiles” sign near the river . Why was the photo left behind ? This is just one of the unanswered questions . Other questions are : Why was their Toyota car parked and locked at the edge of the rainforest ? The police said that the travellers had left a map of the area behind . Why ? Why had someone drawn a cross on the point where the car is ? Is this a sign ? What does it mean ? If anyone can give information or has seen these three young people , contact the local police in Cooktown .

生词

chief inspector *n* . [亦用于称呼] (英国的) 高级巡官 , 警察总督察 : Chief Inspector Jones 总督察琼斯

阅读上面的短文 , 选择正确答案。

1 . This article is probably taken from ____ .

- A . a newspaper
- B . a magazine
- C . a storybook
- D . a guidebook

2 . Which word best describes the search of the three missing people ?

- A . Helpless .
- B . Hard .
- C . Delightful .
- D . Successful .

3 . Which of the following things wasn't found by the police ?

- A . A touring map .
- B . A photo of the travellers .
- C . The travellers' radio .
- D . The travellers' car .

4 . All the following are unanswered questions EXCEPT ____ .

- A . why they left a photo behind
- B . why they came to this area
- C . why their Toyota car was parked in this place
- D . why a cross was drawn on the map

5 . The article asks people to ____ .

- A . join the police in searching for the missing people
- B . tell the police about the travellers' ages and their appearance
- C . learn the lesson and stop taking adventure tours
- D . provide information about the missing people

参考译文

昨天，20多名志愿者协同警察继续搜寻失踪的青少年维基·加里和汤姆·亨特以及他们的向导加文·琼斯。警方说他们是在约克角半岛探险时失踪的。

目前已是搜寻的第二天，警方非常担心三名失踪人员的安全。

警方表示，搜寻范围已经覆盖了相当大的区域，但是雨林非常茂密，最近的降雨更是加大了搜救的难度。后来，总督察罗杰·弗利

特说：“失踪的旅行者随身携带有无线电，如果他们遇到什么麻烦，应该会向我们求助的。”

三名旅游者于周一早乘坐一辆丰田汽车离开库克敦。他们取道一条泥土路向丹特里河驶去。那是一条满是鳄鱼的危险的河流。总督察罗杰·弗利特说，如果他们老老实实待在主干道上，是不可能遇到危险的。

警察在河岸附近“小心鳄鱼”的警示牌下发现了维基和汤姆的照片。照片为什么会丢在这里？这只是未解之谜中的一个。其他的疑惑还包括：为什么他们的丰田车会泊在雨林的边缘？警察说，失踪的旅行者留下了一张地图。这是为什么呢？为什么有人在地图上将他们的泊车点画了一个十字？这是标记吗？它又表示什么？如果有人能够提供信息或曾经见过三位失踪的年轻人，请与库克敦警察局联系。

Tuesday

题材： 演讲的注意事项 词数： 180 建议阅读时间：
3.5分钟

We are often asked to make a speech in life . Most of us are afraid of it and don't do a good job . Here are some simple steps to make your speech a successful one .

First of all , find out everything you can about your subject and at the same time find out as much as you can about your audience . Who are they ? What do they know about your subject ? Put yourself in their shoes as you prepare your speech . Then try to arrange your material so that your speech is clear and easy to

follow . Use as many examples as possible . Never forget your audience . Don't talk over their heads or talk down to them . When you are giving your speech , speak slowly and clearly , look at your audience and pause for a few seconds from time to time to give your audience chances to think over what you've said .

Just remember : be prepared , know your subject and your audience , say what you have to say and be yourself so that your ideas will bring you and your audience together .

生词

in sb.'s shoes 处于某人的处境 : What would you do if you were in my shoes ? 如果你处在我的处境 , 你会怎么办 ?

talk over sb.'s head 讲得使人听不懂 : The next time you invite a visiting speaker , please make sure you get someone who won't talk over the members' heads ; no one was in the least interested in his talk . 下次再请别人来讲演 , 千万别讲得会员听不懂——谁也没有半点兴趣听这种人讲话。

talk down to 用高人一等的口气说话 : Juvenile audiences do not like to feel that they are being talked down to . 青少年听众不喜欢别人用高高在上的口气与他们谈话。

阅读上面的短文 , 选择正确答案。

1 . “*Put yourself in their shoes as you prepare your speech*” means that while preparing your speech , you must ____ .

A . put your shoes away and put on theirs

- B . try on their shoes to see if they fit you
- C . wear the shoes in the same size as theirs
- D . try to imagine yourself to be in their position

2 . When he is giving his speech , the speaker should ____ .

- A . let his eyes rest on the subject
- B . follow the audience step by step
- C . face the audience in a natural way
- D . look up and down from time to time

3 . During the course of a speech , it is not right for a speaker to ____ .

- A . think nothing of the audience
- B . speak in a clear voice
- C . take a short stop at times
- D . give a lot of examples

4 . What does the underlined word "**pause** " mean in the passage ?

- A . Listen .
- B . Stop .
- C . Choose .
- D . Search .

5 . Which title best gives the main idea of the passage ?

- A . How to Remember the Audience
- B . How to Pick out the Topic for a Speech
- C . How to Prepare the Material for a Speech
- D . How to Improve Your Speech

参考译文

在生活中，我们经常会遇到需要登台演讲的时候。大部分人都心怀畏惧，从而造成演讲的效果不尽如人意。下面是一些简单的步骤，能够让你的演讲一举成功。

首先，尽可能多地收集有关演讲主题的内容，同时还要尽可能多地了解听众。他们都是些什么人？他们对你的演讲主题了解多少？在准备演讲素材的时候，要站在听众的立场上。然后尽可能把演讲内容组织得清晰易懂。尽可能多地列举实例。千万不要忘了你的听众。既不要讲得云山雾罩，也不要摆出居高临下的架势。演讲的时候，语速要慢，吐字要清晰，眼睛要看着听众，并时不时地稍作停顿，以使听众有时间回味你讲的内容。

一定要记住：精心准备；了解演讲主题和听众；说你该说的，保有自己的特色。这样才能使你 and 听众产生共鸣。

Wednesday

题材：幽默故事 词数：230 建议阅读时间：4.5分钟

A certain poet had written a play , and arrangements were being made to perform it . Of course , the poet was asked to give his advice on the scenery , the lighting , and all the other things that help to make a play successful , and he proved to be a very difficult man to please , as he had his own very definite ideas of how each scene should look .

In one of the scenes in the play , it was necessary to produce the effect of a wonderful sunset , which the young lovers watched

together before singing one of their great love songs .

The theatre electricians worked very hard to produce this sunset effect . They tried out all kinds of arrangements and combinations of lights—red lights , orange lights , yellow lights , blue lights , lights from above , lights from behind , lights from the front , lights from the sides—but nothing satisfied the poet , until suddenly he saw exactly the effect that he had been dreaming of producing ever since he had written his play .

“That's it ! ”he shouted excitedly to the electricians behind the stage . “That's just right ! Keep it exactly like that ! ”

“I'm sorry , sir , ”answered the chief electrician , “but we can't keep it like this . ”

“Why ever not ? ”asked the poet angrily .

“Because the theatre is on fire , sir , ”answered the chief electrician . “That's what's producing the effect you can see now ! ”

生词

arrangement *n* . 安排 : They made arrangements to meet secretly . 他们作了秘密会晤的安排。

perform *v* . 演出 , 表演 : The singer had never performed in New York before . 这位歌唱家以前从未在纽约演出过。

scenery *n* . 景色 ; 舞台布景 : The scenery for the play must have been very expensive . 这出戏的舞台布景一定非常昂贵。

please *v* . 使高兴，使满意：It is hard to please all . 很难使所有的人都满意。

definite *adj* . 明确的；不变的：Is it definite that they will sign the contract ? 他们签合同的事定下来了没有？

combination *n* . 组合：Her experience and energy are a winning combination in business . 她经验丰富、精力充沛，两者结合起来才保证了经营的成功。

阅读上面的短文，回答问题。

1 . Why did the poet prove to be a very difficult man to please ?

2 . What was it necessary to produce in one scene ?

3 . When did the young lovers watch this wonderful sunset ?

4 . Who worked hard to produce this sunset effect ?

5 . What did they try out ?

6 . What kind of effect did the poet see suddenly ?

7 . Why did they say they could not keep that effect ?

参考译文

某位诗人写了个剧本，安排演出的工作正在进行中。当然，这位诗人也被邀请去，就布景、灯光及其他所有有利于演出成功的事项提出建议。结果证明，他是个极难伺候的人，因为他对每个场景应有的效果都有非常固执的要求。

剧中有个场景必须出现壮观日落的效果，剧情是年轻的恋人一起看着日落，然后唱起伟大的爱情歌曲。

为了营造这种效果，剧院的电工们全都全力以赴。他们尝试了各种灯光的排列组合——红灯、橙灯、黄灯、蓝灯；顶光、逆光、正面光、侧面光——但都不能让诗人满意，直到后来，他突然看到了自创作剧本以来梦寐以求的最佳效果。

“就是它了！”他兴奋地对舞台后面的电工喊道，“现在正好！就这样保持下去！”

“对不起，先生，”电工主管答道，“我们无法保持这个状态。”

“为什么不行？”诗人愤怒地问道。

“因为剧场着火了，先生，”电工主管答道，“你现在看到的效果就是火造成的！”

Thursday

题材： 食物的发展史 词数： 243 建议阅读时间： 5分钟

In the last 500 years , nothing about people : their clothes , ideas , or languages has changed as much as what they eat . The original chocolate drink was made from the seeds of cocoa tree by South American Indians . The Spanish introduced it to the rest of the world during the 1500's . And although it was very expensive , it quickly became fashionable . In London shops where chocolate drinks were served became important meeting places . Some still exist today .

The potato is also from the New World . Around 1600 , the Spanish brought it from Peru to Europe , where it soon was widely grown . The potato was the main food at Irish table . Thousands of Irish people starved when the crop failed during the“Potato Famine”of 1845—1846 , and thousands more were forced to move to America .

There are many other foods that have travelled from South America to the Old World . But some others went in the opposite direction . Brazil is now the world's largest grower of coffee , and coffee is an important crop in Colombia and other South American countries . But it is native to Ethiopia . It was first made into a drink by Arabs during the 1400's .

According to an Arabic story , coffee was discovered when a man named Kaldi noticed that his goats were attracted to the red fruits on a coffee bush . He tried one and experienced the“wide-awake”feeling that one-third of the world's population now starts the day with .

生词

starve *v.* 挨饿，饿死：She starved herself to death in prison last week. 上周，她在牢里绝食而死。

famine *n.* 饥荒：Food shortages caused famine in Africa. 缺粮在非洲引起了饥荒。

阅读上面的短文，选择正确答案。

1. According to the passage, which of the following has changed the most in the last 500 years?

- A. Foods.
- B. Ideas.
- C. Languages.
- D. Clothes.

2. "Some" in the sentence "*Some still exist today*" in Paragraph 1 refers to ____.

- A. cocoa trees
- B. chocolate
- C. shops
- D. meeting places

3. Thousands of Irish people starved because ____.

- A. they depended on the potato
- B. they were forced to move to America
- C. the weather conditions in Ireland were not fit for growing the potato

D . the potato harvest was bad

4 . Coffee originally came from ____ .

A . Brazil

B . Colombia

C . Ethiopia

D . Arabia

5 . The writer used an Arabic story to prove that ____ .

A . coffee was first discovered by Kaldi

B . coffee was first discovered by Kaldi's goats

C . coffee was first discovered in south American countries

D . coffee drinks were first made by Arabs

参考译文

在过去的500年中，对人类而言，没有哪样东西——无论服饰、思想或语言，能像食物那样发生过巨大的变化。最早的巧克力饮料是南美印第安人用可可树的种子制成的。16世纪，西班牙人将其传播到世界各地。尽管巧克力饮料非常昂贵，但它很快成为一种时尚。在伦敦，提供巧克力饮料的商店成了重要的社交场所。其中一些商店至今仍然留存。

土豆同样产于美洲大陆。大约在1600年，西班牙人将其从秘鲁带到欧洲，很快，它就得到了广泛种植。土豆是爱尔兰人餐桌上的主食。1845年至1846年爱尔兰闹“土豆饥荒”时，土豆大量减产，成千上万的爱尔兰人被饿死，更多的人被迫移民美国。

还有很多食物是从南美洲传播到亚非欧的。但也有一些情况恰恰相反。巴西是当今世界上最大的咖啡种植国，咖啡也是哥伦比亚

和其他南美国家的重要作物。但咖啡原产于埃塞俄比亚，15世纪时，阿拉伯人首次将它制成饮料。

据一则阿拉伯故事记载，一名叫卡迪尔的人发现，他的羊群被咖啡树上的红色果实所吸引。品尝一粒后，他感觉神清气爽。现在，世界上有三分之一的人早上要喝咖啡，以此来精神饱满地开始一天的生活。

Friday

题材：家信 词数：412 建议阅读时间：8分钟

Dear Malia and Sasha ,

I know that you've both had a lot of fun these two years . You have been to many picnics and had all kinds of junk food your mother and I probably shouldn't have let you eat . But I also know that it hasn't always been easy for you and Mom . So now I want to tell you a little more about why I decided to take our family on this journey .

When I was a young man , I thought life was all about me—about how I'd make my way in the world , become successful , and get the things I want . But then the two of you came into my world with those smiles and suddenly , all my big plans didn't seem so important any more . I soon found that the greatest happiness in my life was that you were so happy . And I realized that my own life wouldn't mean much if I couldn't make you two happy . In the end , girls , I ran for President : because of what I want for you and for every child in the US .

I want all our children to go to school so that they can learn and grow . I want them to have the chance to go to college—even though their parents don't have enough money . And I want them to get good jobs .

I want us to see new technologies and inventions that improve our lives and make our earth cleaner and safer . And I want us to see no difference of different colours and areas because we are all equal .

I hope both of you will start to give others the chances you've had . You know , this country has given our family so much , so you have to , and really should , give something back . When you are doing something larger than yourself , you will realize how helpful you are .

These are the things I want for you—to grow up in a world in which you can make your dreams come true . And I want every child to have the same chances to learn and dream and grow and get what you girls have . That's why I've taken our family on this great adventure .

I am so proud of you . I love you more than you can ever know . And I am thankful every day because you behave so well when we get ready to start our new life together in the White House .

Love ,

Dad

生词

run for 竞选 : Kovic has not said if he will run against Dornan . 科维奇没说他是是否要与多南竞选。

behave *v.* 表现 : You behaved bravely in a very difficult situation . 你在困境中表现得很勇敢。

阅读上面的短文，选择正确答案。

1 . From the letter we can see that the father is President of ____ .

- A . the US
- B . the UK
- C . Australia
- D . Canada

2 . According to the second paragraph , the greatest happiness in the father's life was that ____ .

- A . he could be President
- B . he was very successful
- C . his two children were so happy
- D . he could get all the things he wanted

3 . The underlined word "**colours** " in Paragraph 4 most probably means ____ .

- A . people
- B . lifestyles
- C . inventions
- D . cities

4 . What can we learn from the last paragraph ?

- A . The children don't behave well enough .
- B . The children know their father's love well .
- C . The children are very proud of their father .
- D . The family will live in the White House soon .

5 . Which of the following can be the best title of this passage ?

- A . How to Be a President
- B . What I Want for You
- C . A Journey to the White House
- D . We Love You , Dad !

参考译文

亲爱的马莉娅、萨莎：

我知道这两年你们过得很开心，参加了很多野餐会，吃了很多我和你们的妈妈很可能不允许你们吃的各种垃圾食品。但我也知道，这些日子对你们和妈妈来说并非总是那么轻松。所以，我想跟你们分享一些想法，谈谈我为什么要带着这个家庭过现在这样的生活。

年轻的时候，我总想着自己，想着怎么在这个世界闯一闯，怎么成功，怎么得到自己想要的一切。但后来，你们带着笑声降临到我的世界，突然间，我的所有雄心壮志似乎都不再重要。我很快发现，生命中最大的幸福是你们开心。而且我意识到，如果不能让你们俩幸福，我的生命便黯然失色。于是，我的宝贝，我参加了总统竞选：因为我想让你们以及美国所有的孩子都过上幸福的生活。

我希望所有的孩子都能上学，接受教育，健康成长。我想让他们都有机会上大学——即便他们的父母没有很多钱。我还想让他们都找到好工作。

我希望我们能了解各种新技术、新发明，正是它们改善了我们的生活，让地球变得更清洁、更安全。我希望我们看不到肤色和地域的差别，因为我们都是平等的。

我希望你们能让其他孩子也拥有跟你们同样的机会。你们知道，这个国家已经给予我们这个家庭太多的东西，所以你们不得不、实际上也应该给予回报。当你所做的事情不只是为了一己之私时，你就会意识到自己对他人是多么有用。

这些就是我对你们的期望——我希望你们能在一个可以实现梦想的世界中长大。我希望每个孩子都有平等的机会去学习知识、追逐梦想、茁壮成长、享有你们享有的权利。这就是我带着全家人进行这次伟大冒险（竞选总统）的原因。

我为你们而骄傲。我对你们的爱超出了你们的想象。我每天都在感恩，因为当我们准备开始在白宫的新生活时，你们的表现如此出色。

爱你们的，

爸爸

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

please

definite

combination

starve

famine

behave

() 1 . show a certain behavior

() 2 . a serious lack of food that continues for a long time and causes many people in a country to become ill or die

() 3 . to suffer or die because there is not enough food

() 4 . the process of putting , using , or mixing things together

() 5 . certain

() 6 . to make someone feel happy and satisfied

轻松一刻

幽默故事

Once Mark Twain was invited to dinner . During the party he said to a rich lady , “How beautiful you are , madam ! ”

Unexpectedly the lady said , “But I'm very sorry , sir , I can't answer you in the same words . ”

Mark Twain , who had quick mind and a sharp tongue , said with a smile , “It doesn't matter . You may tell a falsehood just as I did . ”

参考译文

一次，马克·吐温应邀赴宴。席间他对一位贵妇人说：“夫人，你长得真美！”

不料那位妇人却说：“很抱歉，先生，我不能对你说同样的话。”

反应敏捷、语言尖锐的马克·吐温微笑着说：“没关系，你可以像我一样说假话。”

第19周

(答案参见此处)

Monday

题材：职场困惑 词数：267 建议阅读时间：5.5分钟

“Unless I get a rise , I'll have a talk with the boss , Henry Manley , ”George Strong said to himself . George liked his job and he liked the town he lived in , but his wife kept telling him that his pay was not enough to meet the need of the family . That was why he was thinking of taking a job in Birmingham , a nearby city about 50 miles away . He had been offered a job in a factory there , and the pay was far better .

George lived in Wheford , a medium-sized town . He really liked the place and didn't like the idea of moving somewhere else , but if he took the job in Birmingham , he would have to move his family there .

Henry Manley was the manager of a small company making electric motors . The company was in deep trouble because , among other reasons , the Japanese were selling such things at very low prices . As a result , Manley had to cut his own prices , otherwise he would not get any orders at all . Even then , orders were not coming in fast enough , so that there was no money for raises for his workers . Somehow , he had to struggle along and keep his best workers as well . He sighed . Just then the phone

rang .

His secretary told him that George Strong wanted to see him as soon as possible . Manley sighed again . He could guess what it was about . Strong was a very young engineer . The company had no future unless it could attract and keep men like him . Manley rubbed his forehead ; his problems seemed endless .

生词

medium-sized *adj* . 中等大小的，中型的：a medium-sized business 一家中型企业

somehow *adv* . 用某种方法，不知怎的：Somehow they managed to climb in through the bathroom window . 他们设法从浴室的窗口爬了进来。

sigh *v* . 叹气：Russ sighed deeply and looked at the ceiling . 拉斯深深地叹了口气，眼睛望着天花板。

阅读上面的短文，选择正确答案。

1 . George was thinking of going to Birmingham because ____ .

- A . it was a better place
- B . his family was already there
- C . he could get more money
- D . Manley would not give him a rise

2 . It was true that ____ .

- A . George's wife didn't like the town they lived in

- B . George's wife wanted him to ask for a rise
- C . George had been looking for a new job for a long time
- D . the trouble was that George Strong's family was too large

3 . Manley's problem was ____ .

- A . he had no orders
- B . his prices were too high
- C . his best man was leaving
- D . he had to sell at very low prices

4 . When Manley's secretary told him that George Strong wanted to see him , Manley ____ .

- A . knew that Strong was going to make suggestions on increase of the output for the factory
- B . didn't know the purpose of his visit
- C . knew exactly that Strong was going to ask for a rise
- D . thought that the purpose of Strong's visit was probably to ask for a rise

5 . The job in Birmingham was ____ .

- A . a better-paid one for George
- B . the one that George didn't like
- C . a worse-paid one for George
- D . the one that George had asked for himself

参考译文

“除非我能加薪。我得和老板亨利·曼利谈谈。”乔治·斯特朗自言自语道。乔治喜欢自己的工作，也喜欢自己生活的小城。但妻子总

是抱怨收入不足以应付家用。这就是他考虑跳槽到50英里外的附近城市伯明翰的原因。他已经接到了那里一家工厂的邀请，而且薪水高得多。

乔治住在威福得，那是一个中等规模的小镇。他真的很喜欢这个地方，根本就不想离开。但如果他接受了伯明翰的工作，就不得不将家搬到那里。

亨利·曼利是一家生产电机的小公司的经理。最近这家公司深陷麻烦之中，原因之一是日本人正以很低的价格销售同类产品。因此曼利只能降价，否则的话他就拿不到任何订单。即便如此，订单也不是很多。所以他没钱给自己的员工加薪。但不管怎样，他必须留住最优秀的员工，渡过这个难关。他叹了一口气。就在这时，电话铃响了。

他的秘书报告说乔治·斯特朗想要尽快见到他。曼利又叹了一口气。他能猜到斯特朗的来意。斯特朗是一位非常年轻的工程师。除非能吸引并留住像他这样的员工，否则公司没有前景。曼利摩挲着自己的前额，他的问题似乎无穷无尽。

Tuesday

题材：人际关系

词数：159

建议阅读时间：3分钟

Dear Mrs . Huggett ,

You may remember that we have discussed the noise your children make while practising their musical instruments . You agreed to make sure that they would stop practising in the evenings .

You can imagine my surprise , then , when I realized that nothing had changed and the situation was continuing as before . I find it difficult to stay in the house and I invent any excuse to go out for the evening to be away from the terrible noise . Although I like music , I have had enough , and to be frank , I am not prepared to put up with the situation any more .

I think it is high time you realized your responsibilities as a member of the community , and I must warn you that unless you do something about the situation I will be forced to take action of the law .

I have sent a copy of this letter to my lawyer .

Yours sincerely ,

R . G . Barge

生词
frank <i>adj</i> . 坦率的 : We've always tried to be frank with the kids . 我们一直尽量对孩子们坦诚相待。

阅读上面的短文 , 选择正确答案。

1 . Mr . Barge feels angry because ____ .

A . Mrs . Huggett's children play their musical instruments so badly

B . Mrs . Huggett has refused to talk about the noise problem with Mr . Barge

C . Mrs . Huggett does not allow her children to play their

musical instruments in the evenings

D . Mrs . Huggett has broken her promise

2 . Which of the following statements is true according to this passage ?

A . Mr . Barge is not fond of music .

B . Mr . Barge likes music but doesn't like the noise .

C . Mr . Barge often goes out in the evenings to give music lessons .

D . Mr . Barge expects a reply from Mrs . Huggett .

3 . Mr . Barge is prepared to ____ .

A . help Mrs . Huggett to persuade her children not to play their musical instruments any more

B . take his responsibilities as a member of the community

C . start a lawsuit against Mrs . Huggett for the noise made by her children

D . force Mrs . Huggett to send a copy of his letter to her lawyer

参考译文

亲爱的休格特夫人，

你或许还记得我们曾经讨论过的关于你的孩子在练习乐器时产生的噪声问题。你已经承诺过会在晚上让他们停止训练。

所以，你应该能想象出，当我意识到一切都未改变，情况依然继续时，我是多么惊讶。我真的很难待在家中，晚上总要找出各种理由出门，以躲避可怕的噪声。虽然我很喜欢音乐，但我已经受够

了。坦率地说，我不会任由这种情形继续下去。

我想，到了让你意识到作为社区一员的责任的时候了。我必须警告你，如果你再不采取相应的措施，我将被迫诉诸法律。

我已经将这封信的附件寄给了我的律师。

你诚挚的

R . G . 巴奇

Wednesday

题材：消防 词数：360 建议阅读时间：7分钟

Fire stations are strangely exciting places . In the normal course of events , the great doors are shut , and , behind them , the fire-engines wait peacefully , carefully polished and lovingly cared for . But the moment the alarm sounds , the huge doors swing open and the firemen come rushing , perhaps sliding down the pole from upstairs . The powerful motors spring to life and the men jump on as the fire-engines shoot out and flash down the street , with sirens screaming or bells clanging .

In large towns , firemen are employed on a full-time basis , that is to say , they are professional firemen and have no other work . But in many smaller places , the firemen have their own jobs to do , apart from the work of fighting fires , and they only come to the fire station when they are called . It is unusual to hear the fire alarm , and then to see , seconds later , men hurrying from all parts of the town , in cars , on bicycles , on foot , in the

direction of the fire station .

But the firemen are not only called out to fight fires . They are often asked to advise on fire prevention . They are also asked to rescue cats from high trees , to free small boys whose heads have got stuck between iron railings , or to release ladies who have accidentally got locked in public lavatories . Recently , during a spell of cold weather , little Sandra Fox decided to explore the lake in the park near her home . She walked across the ice to a small island in the middle and played there happily for a few hours in the afternoon sunshine . She did not realize that the weather had got much warmer , and when she wanted to go home she found that the ice had melted , and she was stuck in the island . Her cries for help soon attracted the attention of the people in the park , and they called the fire brigade . In less than ten minutes , the firemen were there with a long ladder which stretched across the water to the island . Sandra managed to crawl across it and reached the other side without even getting her feet wet .

生词

polish *v* . 擦亮 : Jerome spent all afternoon polishing the car . 杰尔姆花了整个下午擦洗汽车。

siren *n* . 警笛 : The police siren woke everyone . 警笛声把大家吵醒了。

railing *n* . 栏杆 : I peered through the railings into the courtyard . 我透过栏杆朝院子里瞧。

release *v* . 放开 , 松开 ; 释放 : The nurse is released from

duty at seven o'clock . 这位护士7点钟下班。

spell *n* . （某种天气的）一段持续时间，一次发作：a long spell of northeast winds长时期的东北风

阅读上面的短文，选择正确答案。

1 . A fire station is an exciting place because ____ .

- A . the fire-engines have powerful motors
- B . the fire alarm sounds at every moment
- C . the whole place may suddenly spring to life
- D . the huge doors are shut and the fire-engines are waiting

2 . In what way are the country firemen different from their city colleagues ?

- A . They do not work full time .
- B . They ride bicycles .
- C . They live a long way from the fire station .
- D . They fight fires only .

3 . Sandra's cries for help soon attracted the attention of the people in the park who would ____ .

- A . laugh at her
- B . make fun of her
- C . help her
- D . look at her attentively

4 . When the fire alarm sounds , the firemen usually come ____ .

- A . riding a bike
- B . sliding down the pole from upstairs
- C . driving a car
- D . on foot

5 . The firemen's job is ____ .

- A . fighting fires
- B . giving advice on fire prevention
- C . rescuing people
- D . doing all of the above

参考译文

消防站是一个既奇怪又令人兴奋的地方。正常情况下，消防站的大门紧锁着，消防车在门后安静地待命，它们被擦拭一新并得到细心的维护。但当警报响起时，大门旋即打开，消防队员一冲而出，甚至从楼上滑竿而下。强劲的马达被启动，在消防车疾驰而出的瞬间，消防员迅速跳上车，接着消防车就鸣着警笛或响着电铃消失在大街尽头。

在大城镇，消防员的工作都是全日制的，也就是说，他们都是没有其他工作的专业消防员。但在许多小地方，消防员除了救火外，还有各自的工作，他们只有在被召集的情况下才会前往消防站。当警报响起，几秒钟后就看见消防员们开着汽车、骑着自行车、步行着从小城的各个方向赶往消防站，当然这种情形并不常见。

但消防员的职责不仅在于救火。他们经常会被各个地方邀请，对防火提出意见；他们也会应邀把小猫从大树上救下来；救助把头卡在铁栏杆中间的小男孩；或是从公共盥洗室里把被意外关在里面

的女士解救出来。最近，在寒冷的天气里，小桑德拉·福克斯决定到她家附近公园的湖上探险。她穿过冰层来到湖中心的一座小岛，沐浴着午后的阳光，快乐地玩耍了好几个小时。小桑德拉没有意识到天气已经逐渐变暖。当她想要回家时却发现冰层早已融化，她被困在了小岛上。她寻求帮助的哭声很快吸引了公园里游人的注意，接着人们就呼叫了消防队。不到10分钟，消防员带着长梯到达了现场，他们把长梯架设在湖面上，一直延伸到小岛上。桑德拉成功地沿着梯子爬回另一边，甚至连鞋子都没有弄湿。

Thursday

题材：航海技术 词数：190 建议阅读时间：4分钟

About a hundred years ago the people of London were amazed to see an extraordinary boat come sailing up the Thames River . The boat had four-cornered sails made of flat pieces of cloth , big wooden eyes in the front part , and beautiful pictures at the back end .

It was proved to be the Keyling , an eighty-foot *junk* (平底中国式帆船) from Fuzhou in distant China . The junk had sailed round the Cape of Good Hope at the southern tip of Africa , up the western coast of Africa , and finally to England . The voyage had covered fifteen thousand miles—more than half the distance round the world .

Although it was unexpected , the Keyling's voyage to London was not accident . She carried a lot of silk and ivory , as well as a number of special gifts from the emperor of China for Queen Victoria .

People had always mistakenly thought of the Chinese as *landlubbers* (旱鸭子) . From centuries of trading and travelling in dangerous seas , however , the Chinese had learned to build good boats and to sail them well . The Keyling proved that a Chinese junk could sail anywhere in the world .

生词

cape *n* . 海角 , 岬 : the Cape of Good Hope好望角/Cape Verde佛得角

tip *n* . 末端 : a chain of islands off the southern tip of South America南美洲南端附近的岛屿群

unexpected *adj* . 出人意料的 : Her divorce was totally unexpected . 她的离婚太出人意料了。

ivory *n* . 象牙 : Ivory Coast象牙海岸Ivory tower象牙塔 (逃避现实的小天地)

emperor *n* . 皇帝 : Emperor Hirohito裕仁天皇

阅读上面的短文，选择正确答案。

1 . The Keyling's voyage to London took place during ____ .

- A . a trip to Fuzhou
- B . the last century
- C . the present century
- D . ancient times

2 . The Keyling reached London by sailing ____ .

- A . round Europe
- B . completely round the world
- C . through the Arctic Ocean
- D . round the tip of Africa

3 . The point of this selection is that a Chinese junk ____ .

- A . is a good ship
- B . looks extraordinary
- C . took gifts to a queen
- D . is a trading ship

4 . This selection suggests indirectly that ____ .

- A . the Keyling came to London by accident
- B . the world measures less than 30 , 000 miles in *circumference* (圆周)
- C . the Cape of Good Hope is at the southern tip of Africa
- D . today many junks travel round the world

参考译文

大约100年前的一天，伦敦人惊奇地发现，一艘不同寻常的船正沿着泰晤士河逆流而上。船上有布做的四角帆，船头有巨大的木制锚眼，船尾有漂亮的图案。

原来它是“克令”号（音译）——一艘来自遥远的中国福州的80英尺长的平底帆船。它绕过非洲南端的好望角，沿着非洲西海岸北上，最终抵达英国。航程达1.5万英里，比环绕地球半圈还要长。

虽然出人意料，但“克令”号的伦敦之行却并非出于偶然。船上满载着丝绸和象牙，还有中国皇帝送给维多利亚女王的许多奇异礼

品。

人们一直错误地认为，中国人不擅航海。但通过几个世纪的贸易和惊涛骇浪中的航海活动，中国人已经学会了建造优良的船只，并熟练地驾驶它们。“克令”号证实，中国的平底帆船能够远行到世界各地。

Friday

题材：滑雪运动 词数：239 建议阅读时间：5分钟

Skis have been used in Scandinavia for 4 , 500 years . In order to move across snow-covered land in winter the people there had to have skis . Skiing was never thought of as a sport , but now it is the best known winter sport . For most people skiing means going down mountain slopes , but the Scandinavians still enjoy cross-country skiing , and ski-jumping in fact began before downhill runs . Downhill skiing is rather tiring if you have to walk up the mountain again on your skis ! Life was made much easier for skiers when ski-lifts were invented .

Skiing is now a big tourist business , not only in countries like Switzerland and Austria but also in some South American countries , Japan and many other places . Many more people ski these days because there are cheap organized holidays at skiing centres . For a fixed price the tourist gets a“package”holiday which includes all travel , hotel and meals—and sometimes skiing classes , ski-lifts and the hire of skis .

Beginners can enjoy skiing from almost the first day , but for

anyone thinking of a skiing holiday , two points are worth remembering . The first is training . In many countries there are special practice slopes , with “snow” made of nylon bristles . Starting to use the right muscles before leaving home can be a great help . The second is insurance . Breaking a bone in a foreign country can be very expensive , and it is best to insure against this .

生词

slope *n* . 斜坡 : They were now reaching a little upward slope of the road . 他们现在来到了公路上一个缓缓向上的斜坡。

cross-country *adj* . 越野的 : Denise enjoys cross-country running . 丹妮丝喜欢越野跑。

package *n* . 一揽子交易 (计划等) : an economic aid package 一揽子经济援助计划 / an emergency package 一整套应急措施

bristle *n* . (动植物) 短而硬的毛 : a toothbrush with stiff bristles 硬毛牙刷

insurance *n* . 保险 : They gave an insurance upon his life . 他们给他投了人寿险。

阅读上面的短文，选择正确答案。

1 . People did not think of skiing as a sport because ____ .

- A . very few people used to ski
- B . it was not very well known
- C . it was very cold

D . skiing was a need

2 . After ski-lifts were invented skiers did not have to ____ .

A . walk up mountains

B . travel cross-country

C . do downhill skiing

D . do ski-jumping

3 . Many more people ski these days because ____ .

A . skiing centres are well organized

B . holidays are organized at skiing centres

C . organized holidays at skiing centres are cheap

D . skiing centres are cheap

4 . People thinking of a skiing holiday should remember ____ .

A . to get proper training and buy insurance

B . to get their personal belongings packed into their suitcases

C . to say goodbye to their relatives and friends

D . to bring their skis and much money with them

5 . Skiing is NOT yet a tourist business in ____ .

A . Japan

B . Australia

C . Switzerland

D . Austria

参考译文

滑雪板在斯堪的纳维亚半岛已经被使用了4500年。为了能够在

冬日穿行于冰雪覆盖的土地，那里的人们必须使用滑雪板。滑雪在以前从未被看做是一项运动，但现在它却成了冬季运动中最著名的项目。对大多数人来说，滑雪意味着滑下山坡，但斯堪的纳维亚人仍旧非常享受越野滑雪带来的乐趣。事实上，跳台滑雪是先于下坡滑雪而存在的。如果要穿着滑雪板重新步行上山的话，下坡滑雪可是非常累人的！在上山吊椅被发明后，事情就变得简单多了。

现在，滑雪成了一项重要的旅游项目，这不仅体现在瑞士、奥地利之类的国家，也体现在南美的一些国家、日本以及其他许多地方。现在有越来越多的人开始滑雪，因为滑雪场为人们组织了便宜的假日旅行项目。游客们只需支付固定价格就可以获得“一揽子”假日服务，其中包括所有的游览、宾馆和伙食费用，有时候还有滑雪教学课、上山吊椅以及滑雪板的租借费用等。

初学者几乎可以在第一天就体验到滑雪的乐趣，但对于想要去滑雪度假的人来说，有两点需要注意。第一点是训练。在许多国家，滑雪场都有特殊的练习坡道，这些坡道的“雪”都是尼龙毛做成的。在离开家门之前就学会正确使用肌肉也是十分有帮助的。第二点是保险。在国外骨折可能需要高昂的治疗费用，所以最好投保防范。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

sigh	frank	polish	ivory	package	insurance
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() 1 . to rub the surface of something in order to make it shine

() 2 . the yellowish-white bone that an elephant's tusks are made of

() 3 . honest about the situation or opinions , even if this *offends* (冒犯) people

() 4 . a set of proposals or measures for dealing with something

() 5 . to breathe out slowly making a long soft sound , especially because you are disappointed , tired , annoyed , or relaxed

() 6 . an arrangement in which you regularly pay a company an amount of money so that they will give you money if something you own is damaged , lost , or stolen , or if you die or are ill or injured

轻松一刻

幽默故事

Out shopping with my nine-year-old son , I stopped at an ATM to use my new card .

Worried about security , I told my son that I was going to get money out of the machine and to make sure no one was watching me .

After ATM spit out ten brand-new \$20 bills , my wide-opened

son said , “Do it again , Mom ! Nobody's watching ! ”

参考译文

我和9岁的儿子外出购物，在一台取款机旁我停了下来，想用新办的卡取点钱。

出于安全考虑，我告诉儿子我要从机器里取些钱，让他确保没人看我。

当取款机里吐出10张崭新的20美元纸币时，儿子瞪大眼睛说：“再取一次，妈妈！现在没人看你！”

第20周

(答案参见此处)

Monday

题材：探险活动 词数：140 建议阅读时间：3分钟

Few people have ever walked so far in such cold weather as Sir George Back . He was on an expedition in 1819 to the shores of the Arctic Ocean . Everything was covered with snow , and the temperature was well below zero . When food and other supplies didn't arrive , someone had to go for help . George was chosen .

Dressed in deerskins and carrying only one blanket to cover himself when he slept , Sir George Back set off on snowshoes , hoping to reach people who could rescue the stranded explorers .

He ate mostly old leather and a little moss that he found growing along the way . Often the temperature fell to more than sixty degrees below zero . It was almost more than he could endure . Finally , after spending five months walking over 1 , 200 miles , he reached help , and the expedition was saved .

生词

expedition *n.* 远征, 探险, 考察 : go on an expedition to Mount Qomolangma 去远征珠穆朗玛峰

moss *n* . 苔藓 : A rolling stone gathers no moss . [谚] 滚石不生苔。(也可译为:老换工作不聚财。)

strand *v* . 使束手无策,使陷入困境 : I was left stranded on the ice . 我被困在冰上。|| **stranded** *adj* . 孤立无援的,束手无策的 : the stranded holidaymakers陷入困境的度假者

阅读上面的短文,选择正确答案。

1 . The best title is ____ .

- A . Cold Weather in the Arctic
- B . Searching for Treasure in the Arctic
- C . Clothing for Cold Weather
- D . Rescuing Stranded Explorers—A 1 , 200-mile Walk

2 . To get help , Sir George Back travelled ____ .

- A . by dogsled
- B . on skis
- C . by snowmobile
- D . on snowshoes

3 . Sir George was dressed in ____ .

- A . bearskins
- B . deerskins
- C . rabbit fur
- D . sealskins

4 . The story suggests that travelling in Arctic regions is ____ .

- A . foolish

- B . enjoyable
- C . impossible
- D . dangerous

5 . The underlined word“*endure* ”means ____ .

- A . hope
- B . explain
- C . stand
- D . carry

参考译文

至今为止，还很少有人能像乔治·巴克爵士那样在如此寒冷的气候下行走那么远。1819年，他参加了一项奔赴北冰洋海岸的远征活动。那里的一切都被白雪覆盖着，气温远低于摄氏零度。由于食物和其他物资没有如期到达，所以必须派人外出寻求帮助，乔治被选中了。

身着鹿皮大衣、仅携带一条睡觉用的包裹自己的毯子，乔治·巴克爵士穿着雪鞋出发了，他希望能够找到救援人员，以营救被困的探险队。

他吃掉了几乎所有的旧皮革和能够找到的生长在路边的苔藓。气温常常降到零下60多摄氏度，这几乎超出了他的忍耐极限。经过5个月、1200多英里的长途跋涉，乔治·巴克爵士终于找到了营救人员，使得探险队成功获救。

Tuesday

题材：愚人节故事

词数：256

建议阅读时间：5分钟

April 1st is a day on which , in some countries , people try to play tricks on others . If one succeeds in tricking somebody , one laughs and says , “April Fool ! ” , and then the person who has been tricked usually laughs too .

One April 1st , a country bus was going along a winding road when it slowed down and stopped . The driver anxiously turned switches and pressed buttons , but nothing happened . Then he turned to the passengers with a worried look on his face and said , “This poor bus is getting old . It isn't going as well as it used to . There's only one thing to do if we want to get home today . I shall count three , and on the word ‘three’ , I want you all to lean forward suddenly as hard as you can . That should get the bus started again , but if it doesn't , I am afraid there is nothing else I can do . Now , all of you lean back as far as you can in your seats and get ready . ”

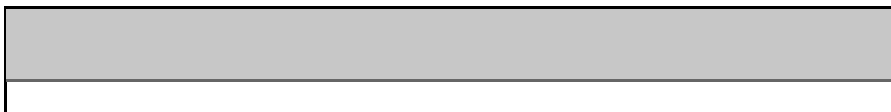
The passengers all obediently pressed back against their seats and waited anxiously .

Then the driver turned to his front and asked , “Are you ready ? ”

The passengers hardly had enough breath to answer , “Yes . ”

“One ! Two ! Three ! ” counted the driver . The passengers all swung forward suddenly—and the bus started up at a great rate .

The passengers breathed more easily and began to smile with relief . But their smiles turned to surprise and then delighted laughter when the driver merrily cried , “April Fool ! ”



生词

winding *adj.* 弯曲的，蜿蜒的：a winding path 一条蜿蜒的小路

obedient *adj.* 服从的，顺从的：She was an obedient little girl. 她是个听话的小女孩。|| **obediently** *adv.*

swing *v.* (**swung**) 摆动，晃动：The sign was swinging in the wind. 招牌在风中晃动。

relief *n.* 轻松感，宽慰感：It's such a relief to hear you laughing again. 再次听到你的笑声令人大感宽慰。

阅读上面的短文，选择正确答案。

1. "April Fool" is a person who ____ on April 1st .

- A . has been tricked
- B . succeeds in tricking somebody
- C . has fun
- D . plays tricks on others

2 . The bus slowed down and stopped because ____ .

- A . something was wrong with it
- B . the driver wanted to play a trick on his passengers
- C . nothing happened
- D . the bus was getting old

3 . What could get the bus started again depended on ____ .

- A . the driver himself

- B . all of the passengers on the bus
- C . the word“Three”
- D . the words“One ! Two ! Three ! ”

4 . “*The passengers hardly had enough breath to answer , ‘Yes . ’*” means ____ .

- A . the passengers answered“Yes”quickly
- B . the passengers answered“Yes”loudly
- C . the passengers were too nervous to say anything loudly
- D . “Yes”refers to“No”

5 . From the last paragraph , you may know ____ .

- A . the bus was repaired already
- B . the passengers gave the driver so much help
- C . the driver was tricked
- D . the passengers were tricked

参考译文

在有些国家，4月1日这天，人们都会想方设法捉弄别人。如果一个人成功地捉弄了别人，他就会笑着说：“愚人节的傻瓜。”而被捉弄的人往往也会笑起来。

有一年的4月1日，一辆乡间客车正沿着弯弯曲曲的公路前行，突然慢了下来，然后完全停下。司机焦急地转动旋钮，按下按钮，但车就是一点反应也没有。这时，他转向乘客、面露愁容地说：“这辆破公共汽车太老了，跑起来已不比当年。如果我们还想今天到家，只有一个办法。我数3下，当数到‘3’时，希望你们尽力往前倾。这样汽车就能重新发动起来。如果还不行，恐怕我也没办

法了。现在，你们全都在各自的座位上尽可能地往后靠，做好准备。”

乘客们全都乖乖地紧紧向后靠去，焦急地等待着。

这时，司机转回身去，问道：“全都准备好了吗？”

乘客们大气都不敢出，轻声答道：“准备好了。”

“1！2！3！”司机数道。乘客们全都突然向前扑去，汽车立刻启动了。

乘客们松了一口气，露出宽慰的笑容。但当司机高兴地喊道“愚人节的傻瓜”时，他们的笑容先是变成惊讶，接着就成了快乐的大笑。

Wednesday

题材：植物 词数：206 建议阅读时间：4分钟

The four-leaf clover has been a worldwide symbol of good luck for hundreds of years . How is it that this small green plant has come to mean so much to so many people ?

The white clover is a bright green plant with three small leaves . Years ago , the white clover became the national emblem of Ireland . You'd know it as a shamrock . The four-leaf clover is a rare mutation of the white clover . That means the three-leaf plant sometimes grows as a four-leaf plant . No one knows why . It's very hard to find a four-leaf clover . That's why people think if you find one , you'll have good luck . In fact , people in Wales long ago thought that the four-leaf clover was special . They used it as a

charm to ward away evil spirits . Even the ancient Druid priests , who lived in England , France , and Ireland , believed they were a sign of luck .

There's even a famous poem about four-leaf clovers . The poet was Ella Higginson . She wrote the poem in 1890 . The four leaves are said to symbolize hope , love , faith , and luck .

So who's to say it isn't true ? The next time you're outside , look for a four-leaf clover . If you're lucky , you might find one .

生词

emblem *n* . 象征 , 标志 : an emblem of peace和平的象征

mutation *n* . 变化 , 变异 , 变种 : Pet animals often have fur of colour not found in the wild , which is caused by a mutation . 宠物常有野生动物所没有的毛色 , 这是变异所致。

charm *n* . 护身符 : carry a rabbit's foot as a charm怀揣兔子腿作护身符

ward *v* . 避开 , 避免 ; 防止 : Is there any way the firm can ward off bankruptcy ? 有没有办法使公司免于破产 ?

阅读上面的短文 , 判断正 (T) 误 (F) 。

1 . The shamrock is the name of the traditional Irish three-leaf clover .

2 . A four-leaf clover is thought to bring people happiness .

3 . A four-leaf clover is a result of mutation .

4 . People used a four-leaf clover as a charm to ward away evil spirits in Wales .

5 . Only the ancient Druid priests who lived in England believed the four-leaf clover was a sign of luck .

6 . Ella Higginson wrote a story about four-leaf clovers in 1890 .

7 . The four leaves on a four-leaf clover are said to symbolize hope , faith , luck and love .

8 . In ancient times , people thought a four-leaf clover would bring them wealth .

参考译文

几百年来，四叶草在全世界都象征着好运。为什么这种微不足道的绿色植物却对这么多人有着如此重大的意义呢？

白三叶草是一种长着三片小叶子的亮绿色植物。许多年以前，白三叶草成了爱尔兰的国花。它被称作白花酢浆草。而四片叶子的三叶草是白三叶草的罕见变种。这意味着三叶草偶尔可以长成四片叶子。没有人知道这是为什么。想找到四叶草是十分困难的，这就是为什么人们认为如果你找到了一株四叶草，你将交到好运。事实上，在很久以前，威尔士人就认为四叶草非常特别。他们把四叶草当作辟邪的护身符。甚至曾经居住在英国、法国和爱尔兰的古德鲁伊教的神父们也深信四叶草象征着幸运。

有一首关于四叶草的著名诗歌流传至今。这首诗的作者是艾拉·

希金森，她于1890年创作了这首诗。在诗中，四叶草代表着希望、爱情、信仰和好运。

所以，谁还敢说四叶草代表好运的说法不真实呢？将来你有机会到野外，试着找寻四叶草吧！如果你足够幸运，也许可以找到一株哦！

Thursday

题材：粮食储存 词数：162 建议阅读时间：3分钟

Some countries are now harvesting enough grain to feed their people , but there are not enough places to store all of it safely . Ten percent or more of the food stored on small farms is lost each year to rats , insects , birds and wet weather .

Farms and agriculture scientists have developed ways to reduce these losses . Some of the best ways are given to us in a book called *Small Farm Grain Storage* . The book explains the importance of drying grain completely before storing it . And it shows how to build simple equipment for doing this .

Many of the ideas are improvements on existing ways of drying grain . For example , the book shows how to build drying floors of wood that are raised above the ground so rats and insects cannot get to the grain . And it shows how to build a roof to prevent rain from wetting the grain . The book also tells a number of ways to store grain safely .

生词

storage *n* . 储存 : This room is being used for storage at the moment . 这个房间现在用来储藏东西。

improvement *n* . 改进 ; 改进之处 : The new version of the software is a big improvement over the old one . 新版软件是对旧版的重大改进。

阅读上面的短文，选择正确答案。

1 . This passage is written to ____ .

- A . introduce a book about grain storage on small farms
- B . teach us the ways of storing grain on small farms
- C . tell us the importance of storing grain properly
- D . show us how to protect grain from rats , insects , birds and wet weather

2 . In the first paragraph the writer wants to tell us ____ .

- A . the importance of storing grain in proper ways
- B . the harm done by rats , insects , birds and wet weather
- C . how much grain is lost each year in some countries
- D . some countries have produced enough grain to support their people

3 . The book deals with some of the best ways of ____ .

- A . building drying floors of wood
- B . storing dried grain
- C . drying grain before storing it
- D . drying and storing grain

4 . The writer writes this article to have the reader ____ .

A . know how to store grain safely

B . read the book if he is interested in it

C . build a roof to keep rain from wetting the grain

D . realize how important it is to dry grain completely

5 . According to the passage , many of the ways dealt with in the book are ____ .

A . simple and practical

B . easy to explain

C . quite different from those used before

D . new and difficult

参考译文

现在，很多国家都能收获大量的粮食用于供给人民，但他们却没有足够的地方安全储存这些粮食。每年储存在小农庄里的粮食中有10%或者更多由于老鼠、昆虫和潮湿的天气这些原因而遭受损失。

农场和农业科学家已经研究出很多方法用于减少损失。这些好方法中的一些被收录于一本叫做《小农场谷物储存》的书中，供我们查阅。这本书介绍了在储存粮食前将其彻底变干燥的重要性。同时还讲述了制造某些简单工具用于将谷物变干燥的方法。

很多方法是对目前所采用的方法的进一步改进。比如，这本书介绍了如何用木板建造干燥层。这种干燥层高于地面，所以老鼠和昆虫够不到。同时，它还介绍了如何建造粮仓的防潮顶盖。这本书还介绍了很多其他安全储粮的方法。

Friday

题材：健康 词数：259 建议阅读时间：5分钟

Baths and bathing have long been considered of medical importance to man . In Greece there are the ruins of a bathtub and water system built over 3 , 000 years ago . The Romans had warm public baths . In some as many as 3 , 000 persons could bathe at the same time .

Treating disease by bathing has been popular for centuries . Modern medicinal bathing , first became popular in Europe and by the late 1700's also became popular in the United States .

For many years frequent bathing was believed to be bad for one's health . Ordinary bathing just to be clean was avoided , and perfume was often used to cover up body smells !

By the 1700's doctors began to say that soap and water were good to health . They believed that it was good for people to be clean . Slowly , people began to bathe more frequently . During the Victorian age of the late 19th century , taking a bath on Saturday night became common .

In the United States ordinary bathing was slow to become popular . During the 18th and early 19th centuries , many Americans were known as "The Great Unwashed !" In one American city , for example , a person could only take a bath every thirty days ! That was a law !

Frequency of bathing today is partly a matter of habit . People know that bathing for cleanliness is important to health . Doctors

know that dirty bodies increase the chance of diseases .
Consequently , in the United States , people generally bathe often .
Some people bathe once a day at least . They consider a daily bath
essential to good health .

生词

ruin *n* . [常作ruins] 废墟 : There were the ruins of an ancient city . 那儿有一座古城的废墟。

medicinal *adj* . 药用的 , 有疗效的 : He was sent back to India to fetch a medicinal herb . 他被派回印度去取一种草药。

perfume *n* . 香水 : a bottle of perfume 一瓶香水

frequency *n* . 频率 : Changes in sea temperature will increase the frequency of hurricanes . 海水温度的变化会增加飓风的频率。

consequently *adv* . 因此 , 结果 : They've increased the number of staff and consequently the service is better . 他们增加了人手 , 因此服务变得更好了。

阅读上面的短文 , 选择正确答案。

1 . In the first paragraph we are told that Romans ____ the public baths .

- A . ruined
- B . invented
- C . used
- D . liked

2 . The second paragraph tells us that people have been bathing for a long time for ____ .

- A . health
- B . cleanliness
- C . smell
- D . habit

3 . There was a law in the U . S . requiring people to bathe once a month . This regulation is ____ .

- A . true
- B . false
- C . likely
- D . impossible

4 . The purpose of this passage is to inform us that ____ .

- A . the Americans were“the Great Unwashed”in the 18th and 19th centuries
- B . bath and bathing are essential to human health
- C . bathing is only a matter of habit
- D . bathing are used for treating diseases

参考译文

很早以前，人们就认为公共浴室和洗澡具有重要的医疗作用。希腊现存有3000多年前的浴缸和供水系统的遗址。罗马则有公共的温水浴池，其中有些能同时容纳3000人洗浴。

通过洗浴治疗疾病的做法已经风行了数个世纪。现代药浴首先在欧洲流行起来，到了18世纪晚期才风靡美国。

多年来，勤洗澡曾被认为有害健康，人们尽量避免纯粹出于清洁目的而进行的日常洗浴，他们经常喷洒香水来掩盖体味。

到了18世纪，医生们开始意识到肥皂和水是有益健康的。他们相信保持清洁对人有好处。于是人们洗澡的频率在逐渐加大。到了19世纪晚期维多利亚女王的时代，周六晚上的洗浴已经变得再平常不过了。

在美国，日常洗澡是逐渐普及的。从18世纪到19世纪早期，许多美国人都是有名的“了不起的不洗澡者”。比如，在美国的某个城市，人们每30天只能洗一次澡！这是法律规定的！

如今，频繁洗澡在某种程度上已成为习惯。人们知道，出于清洁目的的洗澡对健康很重要。医生们也清楚，身体肮脏会增加患病的概率。因此，美国人大多经常洗澡。有些人一天至少洗一次。他们认为，天天洗澡是身体健康的必要条件。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

expedition	moss	winding	improvement	ruin
perfume				

() 1 . a soft green or brown plant that grows in a layer on wet ground , rocks , or trees

() 2 . with bends or curves in it

() 3 . the state of being better than before , or the process of making something better than it was before

() 4 . a liquid with a pleasant smell that you put on your skin

() 5 . the parts of a building that remain after it has been severely damaged

() 6 . a long journey organized for a particular purpose , especially to a dangerous or distant place

轻松一刻

幽默故事

A group of elementary school students were on a field trip to the local police station . Several of the children were fascinated by the wanted posters on the wall .

Little Billy raised his hand and asked the police officer giving them the tour who the people on the wall were .

“Those are pictures of criminals we are looking for , ”answered the policeman . “We call those wanted posters . ”

Little Billy looked puzzled . His hand shot back up into the air . “Well , ”he wondered , “why didn't you just keep them when you took their pictures ? ”

参考译文

一群小学生去当地的警察局实地考察。有几个小学生对墙上的通

缉令产生了浓厚的兴趣。

小比利举起手，问安排他们参观的警官，墙上的那些人是谁。

“那是我们正在追捕的罪犯的照片，”警官答道，“我们把这称为通缉令。”

小比利露出迷惑的表情，他的手再次举起。“那么，”他问道，“为什么你们不在给他们拍照时抓住他们？”

第21周

(答案参见此处)

Monday

题材：人与宠物 词数：268 建议阅读时间：5.5分钟

When I was six , Dad brought home a dog one day , who was called“Brownie” . My brothers and I all loved Brownie and did different things with her . One of us would walk her , another would feed her , then there were baths , playing catch and many other games . Brownie , in return , loved each and every one of us . One thing that most touched my heart was that she would go to whoever was sick and just be with them . We always felt better when she was around .

One day , as I was getting her food , she chewed up one of Dad's shoes , which had to be thrown away in the end . I knew Dad would be mad and I had to let her know what she did was wrong . When I looked at her and said , “Bad girl , ”she looked down at the ground and then went and hid . I saw a tear in her eyes .

Brownie turned out to be more than just our family pet . She went everywhere with us . People would stop and ask if they could pet her . Of course she'd let anyone pet her . She was just the most lovable dog . There were many times when we'd be out walking and a small child would come over and pull on her hair . She never barked or tried to get away . Funny thing is she would smile . This

frightened people because they thought she was showing her teeth . Actually , she loved everyone .

Now many years have passed since Brownie died of old age . I still miss the days when she was with us .

生词

catch *n* . 抛接球 (游戏) : a good catch 一个精彩的接球

chew *v* . 嚼 , 嚼烂 : Chew your food thoroughly . 把食物嚼烂。

pet *v* . 抚摸 : The cat purred when she was petted . 受到爱抚时 , 那只猫发出呜呜的叫声。

阅读上面的短文 , 选择正确答案。

1 . What would Brownie do when someone was ill in the family ?

- A . Look at them sadly .
- B . Keep them company .
- C . Play games with them .
- D . Touch them gently .

2 . We can infer from Paragraph 2 that Brownie ____ .

- A . would eat anything when hungry
- B . felt sorry for her mistake
- C . loved playing hide-and-seek
- D . disliked the author's dad

3 . Why does the author say that Brownie was more than just a family pet ?

- A . She was treated as a member of the family .
- B . She played games with anyone she liked .
- C . She was loved by everybody she met .
- D . She went everywhere with the family .

4 . Some people got frightened by Brownie when she ____ .

- A . smiled
- B . barked
- C . rushed to them
- D . tried to be funny

5 . Which of the following best describes Brownie ?

- A . Shy .
- B . Polite .
- C . Brave .
- D . Caring .

参考译文

我6岁时的一天，爸爸带回家一条狗，它叫布朗妮。我们兄弟几个都很喜欢它，喜欢和它一起做各种各样的事情。我们当中一人负责遛狗，一个负责喂食，还有人负责给它洗澡、玩抛接球游戏等。布朗妮也很喜欢我们。最让我感动的是，无论我们当中有谁生病了，它都会陪在身边。有它在，我们感觉好多了。

一天，当我给它取食时，它咬破了爸爸的一只鞋，最后只能扔掉。我知道爸爸会气疯的，所以我必须让它明白，它做了错事。当

我看着它说“坏女孩”时，它垂下了头，然后跑开躲了起来。我看见了它眼里的泪水。

事实证明，布朗妮不仅仅是我们家的宠物。当它跟着我们到处走时，人们见了总会停下来问，是否可以摸摸它。当然，它是允许别人摸的。它是那种最可爱的狗。有很多次我们外出散步，总有小孩子过来拽它的毛，它既不叫也不跑。它还会干一件滑稽的事，那就是笑。这可把人们吓坏了，因为他们觉得它在龇牙。其实，它喜欢所有的人。

自从布朗妮老死后，已经有许多年过去了，但我仍然怀念它在身边的日子。

Tuesday

题材：工作与爱好 词数：196 建议阅读时间：4分钟

Larry Schwarz has played with toys all his life . As a child , he often pulled his toys apart , and then glued them back together . He made toy rockets , cars , and buildings out of boxes . Although he put his toys away long enough to become a lawyer , he never lost his childhood passion for toys . Schwarz dreamed up many toys while in school . Instead of taking notes in class , he filled 26 notebooks with toy sketches ! Still , he managed to get his lawyer degree .

Today , instead of working in a courtroom , Schwarz skateboards around his Rumpus' headquarters in New York City . In 1997 , he started the Rumpus Toy company and invented all kind of crazy toys , like Gus Gutz , a doll with 12 spongy organs , and

Sy Klops , a one-eyed doll . Even the boxes are playful . Printed instructions on Rumpus toy boxes allow kids to turn them into club houses , buses or airplanes . He loves to ride around in his Rumpus Road Rocket , a multi-colored school bus . He visits hospitals and schools , bringing toys , happiness and advice . Says Schwarz , “If you believe in something strongly enough and think you can do it , you really should give it a try . ”

生词

passion *n* . 热情 : He and his wife shared a passion for classical music . 他和妻子都酷爱古典音乐。

sketch *n* . 草图 : I do a few sketches of the design first . 我先就设计勾勒出了几张草图。

headquarters *n* . 总部 : The UN headquarters are in New York . 联合国总部位于纽约。

sponge *n* . 海绵 : You need to give your whole body a thorough sponge . 你得用海绵把全身彻底擦洗一遍。 || **spongy** *adj* . 海绵似的 , 轻而多孔的 : spongy ground 松软的地面

阅读上面的短文 , 选择正确答案。

1 . The following that is a FALSE description about Larry Schwarz is that ____ .

- A . he used to make toys from his early childhood
- B . he thought up toys even in school
- C . he has a lawyer's license

D . he does his job as a lawyer and runs his company at the same time

2 . We find out from the second paragraph that ____ .

A . there are no courtroom in Schwarz's company

B . Rumpus Toy started in 1997

C . Sy Klops has two eyes

D . he visits hospitals , schools , and orphanages

3 . According to the passage , what made Schwarz's dream come true ?

A . His passion .

B . His wealth .

C . His friends .

D . His parents .

参考译文

拉里·施瓦茨一生都在玩玩具。小时候，他经常把玩具拆开，然后再用胶水重新拼合。他用盒子制造玩具火箭、汽车和楼房。尽管为了做律师，他不得不把玩具放在一边很长时间，但他从未失去童年时对玩具的那种热情。上学时，施瓦茨梦想拥有很多玩具。他上课不做笔记，反而在26个笔记本上画满玩具草图。不过，他还是设法取得了法律专业学位。

现在，施瓦茨不在法庭工作，而是滑着滑板在他位于纽约的拉姆普斯公司总部转悠。1997年，他创立了拉姆普斯玩具公司，发明了各种各样的疯狂玩具，比如有12个海绵似的器官的玩偶格丝·古茨、独眼玩偶赛·克洛普斯，甚至连包装盒都可以玩。玩具盒上印着

说明，指导孩子们把盒子变成俱乐部、公共汽车或飞机。他喜欢乘坐一辆名为“拉姆普斯公路火箭”的多彩校车四处跑。他参观医院和学校，给大家带去玩具、快乐和建议。施瓦茨说：“如果你特别相信某件事，而且觉得自己可以做好，你真的应该试一试。”

Wednesday

题材：邮递工作 词数：320 建议阅读时间：6.5分钟

British postmen and milkmen have reputation for being cheerful . As they both arrive very early in the morning , when you are perhaps not feeling very good-tempered , their brisk knocking and bright whistling may get on your nerves . Of course , there are some gloomy postmen , who make you think that every letter contains tragic news , but the majority are jolly and good-humoured . This is quite surprising , because delivering the mail each morning is a job which is not very well paid and there are a great many problems .

The city postman has to go on foot , not only along streets but also up and down stairs , as many blocks of flats still have no lifts and no downstairs letter box . If he has a registered letter to deliver , he had to wait for someone to come to the door to sign for it . That person may greet him in a most unfriendly way if he has just been waken from a deep sleep very early in the morning .

In the country , a postman may have a bicycle or a small van , so he does not have to walk so far , but nevertheless he had his problems too . It is very annoying to be forced to go all the way to an isolated house simply to deliver a postcard , when this makes

the journey half an hour longer . In winter , the weather conditions are bad , but the postman must carry on in the rain or the snow . Sometimes it is his round on foot , like his city colleague . Most country people keep a dog . Although there may be a notice on the gate , “Beware of the dog” , this is of little help to the postman . He is forced to go in , whether the dog is dangerous or not , so every day the country postman knows that , if the dog is not safely tied up , it may bite him on the leg .

生词

reputation *n* . 名声 : In her last job she got a reputation as a trouble maker . 在做上一份工作的时候 , 她得到了麻烦制造者的名声。

brisk *adj* . 轻快的 , 活泼的 : a brisk walk 轻快的行走

get on sb.'s nerves 刺激某人的神经 , 使某人觉得心烦 : The constant noise of aircraft flying overhead gets on everyone's nerves . 飞机不断从头顶飞过的噪声吵得人人烦躁。

nevertheless *adv* . 然而 , 不过 : Though very intelligent , she is nevertheless rather modest . 她虽聪明 , 却相当谦虚。

isolated *adj* . 孤立的 ; 远离 (别的建筑物或人) 的 : an isolated house 一幢远离人群的房子

round *n* . (医生、邮差等) 来往各处执行任务 : His round began at half past six in the morning . 他早上6点半开始查病房。

beware *v* . 当心 , 注意 : Beware—poisonous chemicals .

当心！有毒化学品！

阅读上面的短文，选择正确答案。

1 . It is surprising that postmen are usually good-humoured although ____ .

- A . they go to work early in the morning
- B . they have a reputation for good humour
- C . their job is a difficult one
- D . they earn very little money

2 . The city postman is forced to walk up and down a lot of stairs because ____ .

- A . many people live in blocks of flats
- B . many flats have no letter boxes downstairs and no lifts
- C . many people receive registered letters
- D . letter boxes are sometimes downstairs

3 . In which of the following conditions does the postman NOT have to deliver mail ?

- A . It is raining heavily .
- B . The house to which he is going keeps a dog .
- C . There is no downstairs letter box in the flat .
- D . He is not feeling well .

4 . Which of the following statements is NOT true ?

- A . British postmen are not well paid .
- B . Each postman , whether in the city or in the country , is

provided with a car .

C . City postmen do not ride a bike while delivering mail .

D . Most postmen are jolly and good-humoured .

5 . According to this passage , a country postman sometimes has ____ .

A . to drive a car

B . to go on foot

C . to push a van

D . to take a bus

参考译文

英国的邮递员和送奶工都以性格开朗著称。他们都是在清晨很早的时候来到你家门前，此时你的心情或许很不耐烦，他们清脆的敲门声和响亮的口哨声可能更让你心烦。当然，也有一些性情抑郁的邮递员，会让你觉得收到的每一封信都在传达着悲伤的消息，但他们中的大部分人都是乐观而令人愉快的。这真有些不可思议，因为每天的投递工作待遇并不是很好，而且还有一大堆麻烦。

城市中的邮递员工作时少不了步行，不只是在大街上，同时还要上下爬楼梯，因为很多公寓既没有安装电梯，楼下也没有信箱。如果要送出一封挂号信，他还必须等收件人到门口签收。在很早的清晨，如果邮递员将收件人从沉睡中唤醒，他很可能用最不友好的态度迎接他。

在乡下，邮递员可能会有一辆自行车或小货车。所以他们不需要步行那么远。但他们也有自己的问题。想想吧，如果你被迫多花半个小时去一处偏远的房子，就为送一张普通的明信片，那该是多么的讨厌。在冬季，天气状况非常糟糕，但邮递员们必须顶风冒雪

去完成自己的任务。有时还得像自己的城市同行那样步行。大部分乡村居民都有养狗的习惯。虽然大门上可能有“小心，院内有狗”的提示牌，但对邮递员的帮助并不大。因为不管是否存在危险，他们都得硬着头皮进去。所以，乡村邮递员都知道，如果狗没有拴牢，就可能咬到自己的腿。

Thursday

题材：历史事件 词数：167 建议阅读时间：3.5分钟

In April 1803 Napoleon negotiated the sale of the Louisiana Territory with the officials sent by President Thomas Jefferson . For the fifteen million dollars needed to continue his war in Europe , Napoleon turned the entire Louisiana Territory over to the United States . Neither the French nor the Americans were clear about the large amount of land the sale involved . It turned out to include over eight hundred thousand square miles .

Only a short time before the agreement was reached , Napoleon had seized Louisiana from Spain with the intention of making Louisiana the center of a great French-American empire . However , when President Jefferson sent word that he was interested in buying New Orleans , Napoleon gave up his dream . The Americans were offered all of Louisiana for nothing , and they gladly took it all . At one stroke of the pen and without even a threat of war , the Louisiana Purchase doubled the size of the United States . It was by far the best bargain in American diplomatic history .

生词

negotiate *v.* 谈判, 协商: UN representatives are trying to negotiate a ceasefire. 联合国代表们正在试图通过谈判达成停火协议。

territory *n.* 领土, 领地: We crossed the river into enemy territory. 我们渡河进入敌军的领地。

intention *n.* 意图: I have no intention of moving again anytime soon. 我最近没有再次搬家的打算。

empire *n.* 帝国: the Roman empire 罗马帝国

stroke *n.* 一挥, 挥笔; 一笔; 笔画: The most complex Chinese character contains 64 strokes. 最复杂的汉字有64画。

diplomatic *adj.* 外交的: Sweden established diplomatic relations with Ukraine several years ago. 瑞典与乌克兰几年前建立了外交关系。

阅读上面的短文, 选择正确答案。

1. Napoleon negotiated the sale of Louisiana with ____.

- A. President Jefferson personally
- B. the Spanish
- C. several American officials
- D. citizens of all Louisiana

2. Why did Napoleon sell Louisiana?

- A. Because it was too far from France.
- B. Because he was in need of money.
- C. Because it was too large to defend.

D . Because he changed his mind of making it the center of his empire before the sale .

3 . What did President Jefferson at first wish to buy from Napoleon ?

- A . New Orleans .
- B . Present-day Louisiana .
- C . The French-American empire .
- D . All Louisiana Territory .

4 . What did the Louisiana Purchase do for the United States ?

- A . It made the United States twice as large .
- B . It avoided a war with France .
- C . It made Spain compete with the United States .
- D . It added 80 , 000 square miles to the United States .

5 . According to the passage , the Louisiana Purchase is viewed as ____ .

- A . far from a bargain
- B . a wise step for Napoleon
- C . an unlucky accident
- D . an unusually good buy

参考译文

1803年4月，拿破仑与美国总统托马斯·杰斐逊的特使协商出售路易斯安那地区。为了维持欧洲的战争，拿破仑以1500万美元的价格将整个路易斯安那地区转卖给美国。无论法国还是美国都不是很清楚这项交易到底涉及多大面积的土地。这个数目最终被证实为80

多万平方英里。

就在交易达成前不久，拿破仑从西班牙手中夺取了路易斯安那地区。他试图将其建成自己伟大梦想中的法—美帝国的中心。然而，当杰斐逊总统致信给他表示对购买新奥尔良感兴趣时，他放弃了自己的梦想。美国人几乎没有付出任何代价就将路易斯安那地区收入囊中。仅通过大笔一挥，甚至都没有威胁说要发动战争，这笔买卖就使美国的版图增加了一倍。这大概是美国外交史上最划算的交易吧。

Friday

题材：网站论坛 词数：292 建议阅读时间：6分钟

Below is a discussion on a website .

http://www.TalkingPoints.com/	
Stuck on a desert island ?	
Started on 23rd April by	
Steve	Posts 1 ~ 7 of 42
Post 1	Hi , everyone . What would you miss most and least if you were stuck on a desert island ? For me , it would be the changing seasons in New England . I guess this will sound stupid but I'd probably miss the rain , too . I wouldn't miss getting up at six every day to go to work , though ! What about you ?
Steve	
USA	

Post 2 Thomas Germany	Good question , Steve . I think I'd miss different types of bread , and shopping at the supermarket . I'd miss the food most . What would I miss least ? My mobile phone—I'd like to be completely quiet—at least for a little while .
Post 3 Paola Italy	I would miss the company of people because I know I'd like to have someone to share experiences with . I'd go mad on my own . And I sure wouldn't miss junk mail—I hate coming home every evening and a pile of junk mail in my post box .
Post 4 Miko Japan	Hi , I would miss Manga cartoon , the Internet and Japanese food , like sushi . I'd also miss TV shows and shopping for clothes...In fact , I'd miss everything .
Post 5 Roger UK	I would miss my daily newspaper and listening to the news on TV and radio . I'd feel very cut off if I didn't know what was happening in the world . What I'd miss least would be traffic jams in the city , particularly my journey to work .

Post 6 Jayne Canada	Why hasn't anyone mentioned their family ? I'd be lost without my husband and two kids .
	They're the most important for me . And I can't get started in the morning without a cup of black coffee . I wouldn't miss doing the housework !
Post 7 Jaime Mexico	It would have to be music . I couldn't live without my music . I wouldn't miss going to school at all or doing homework !

生词

stick *v.* (**stuck**) 卡住, 困住 : This cupboard door keeps sticking . 这扇柜门老是卡住。

desert island *n.* (热带地区的) 荒岛

New England *n.* 新英格兰 (指美国东北部各州, 包括缅因州、新罕布什尔州、佛蒙特州、马萨诸塞州、康涅狄格州和罗德岛州)

1 . Who would miss his or her family most ?

- A . Jaime .
- B . Jayne .
- C . Miko .
- D . Paola .

2 . Which of the following people would feel most uncomfortable without the news media ?

- A . Steve .
- B . Jaime .
- C . Roger .
- D . Thomas .

3 . How many of them mentioned that they would miss food or drink ?

- A . One .
- B . Two .
- C . Three .
- D . Four .

参考译文

下面的讨论摘自某网站。

<http://www.TalkingPoints.com/>

如果你被困在一座无人荒岛上

4月23日 斯蒂夫 42个

帖子中的前7

个帖1

斯蒂夫

美国

大家好。如果你被困在一座无人荒岛上，你最想念什么？最不想念什么？至于我嘛，最想念的是新英格兰多变的季节。我想这听起来有点傻，但我还是会想念这里的雨水。不过，我不会想念每天早上6点起来上班的那种日子！

帖2 托马斯 德国	你们呢？ 斯蒂夫，你提了个好问题！我想我会想念各种面包，还有去超市购物的时光。我最想念这里的食物。我最不想念的东西？手机——因为我想彻底安静下来——最起码一小会儿！
帖3 葆拉 意大利	我最想有人陪伴，因为我想有个可以分享经历的人。独自一人我会疯的。我肯定不会想念垃圾邮件——我讨厌每天晚上回到家里，却发现邮箱里还有一堆垃圾邮件。
帖4 美子 日本	大家好，我会想念日本动画片、互联网和日本美食，比如寿司。我也想念电视节目，想去买衣服……实际上，我想念一切。
帖5 罗杰 英国	我会想念每天的报纸、想念电视和收音机里的新闻。如果我不知道世界上正在发生的事情，我会觉得自己与世隔绝了。我最不想念的是城市的交通堵塞，尤其是上班的路上。
帖6 杰恩 加拿大	为什么没有人提到家庭呢？我不能没有丈夫和两个孩子。他们对我最重要。而且早上不喝一杯不加牛奶的浓咖啡，我就不能开始工作。可我绝对不会想念家务的！
帖7	我最想念的是音乐。没有音乐我

杰米
墨西哥

活不下去。我一点也不会想念学校
和作业。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

chew passion headquarters reputation
beware stroke

() 1 . used to warn someone of danger or difficulty

() 2 . to use your teeth to bite food in your mouth into small pieces so that you can swallow it

() 3 . a strong enthusiasm or interest

() 4 . the place where a company or organization has its main offices

() 5 . a single short line or mark made with a pen or brush

() 6 . the opinion people have about how good or bad someone or something is

轻松一刻

幽默故事

Nurse : How do you feel after your operation ?

Patient : Quite alright . Only I can feel two hearts beating inside me .

Nurse : No wonder the doctor who operated on you were looking for his watch everywhere just now .

参考译文

护士 : 手术后的感觉怎么样 ?

病人 : 很好。只是我觉得有两颗心脏在体内跳动。

护士 : 难怪给你做手术的医生刚才到处找手表。

第22周

(答案参见此处)

Monday

题材：人生经历 词数：257 建议阅读时间：5分钟

One morning more than thirty years ago , I entered the Track Kitchen , a restaurant where everyone from the humblest to the most powerful came for breakfast . I noticed an empty chair next to an elderly , unshaven man , who looked somewhat disheveled . He was wearing a worn-out hat and was alone . I asked if I might join him . He agreed quietly and I sat down to have my breakfast .

We cautiously began a conversation and spoke about a wide rang of things . We never introduced ourselves . I was concerned that he might have no money and not be able to afford something to eat . So as I rose to go back to the counter and buy a second cup of coffee , I asked , “My I get you something ? ”

“A coffee would be nice . ”

Then I bought him a cup of coffee . We talked more , and he accepted another cup of coffee . Finally , I rose to leave , wished him well , and headed for the exit . At the door I met one of my friends . He asked , “How did you get to know Mr . Galbreath ? ”

“Who ? ”

“The man you were sitting with . He is chairman of the Board of Churchill Downs . ”

I could hardly believe it . I was buying , offering a free breakfast , and feeling pity for one of the world's richest and most powerful men !

My few minutes with Mr . Galbreath changed my life . Now I try to treat everyone with respect , no matter who I think they are , and to meet another human being with kindness and sincerity .

生词

humble *adj* . 卑微的，地位低下的：I'm just a humble receptionist . 我只是个地位低微的接待员。

shave *v* . 剃须，修面：I cut myself while I was shaving . 我刮脸时弄伤了自己。||**unshaven** *adj* . 未剃须的，未修面的

cautiously *adv* . 小心地，谨慎地：She approached the pony cautiously . 她小心翼翼地靠近小马驹。

range *n* . 范围：Temperatures are expected to be in the range 25 to 35 degrees . 温度估计在25度至35度的范围之内。

board *n* . 董事会：Fred's father is chairman of the board . 弗雷德的父亲是董事会主席。

阅读上面的短文，选择正确答案。

1 . What does the underlined word “*disheveled* ” mean ?

- A . Unfriendly .
- B . Untidy .
- C . Gentle .
- D . Kind .

2 . The author bought coffee for the old man because ____ .

- A . he thought the old man was poor
- B . he wanted to start a conversation
- C . he intended to show his politeness
- D . he would like to thank the old man

3 . How did the author probably feel after he talked with his friend ?

- A . Proud .
- B . Pitiful .
- C . Surprised .
- D . Regretful .

4 . What is the message mainly expressed in the story ?

- A . We should learn to be generous .
- B . It is honorable to help those in need .
- C . People in high positions are not like what we expect .
- D . We should avoid judging people by their appearances .

参考译文

三十多年前的一个上午，我走进铁路餐厅。那是一家不论地位尊卑，人人都会来吃早餐的地方。我注意到一位没刮胡子、衣衫有些不整的老人旁有一张空位。他带着顶破旧的帽子，独自一人坐在

那里。我问是否可以在旁边坐下，他轻声表示同意，于是我坐下吃起早饭来。

我们谨慎地开始聊天，天南地北谈了很多。我们都没有介绍自己。我担心他可能没钱，买不起东西，于是当我起身去柜台买第二杯咖啡时，便问道：“可以给你带点东西吗？”

“一杯咖啡就行。”

于是我给他买了一杯咖啡。我们谈了很多，他又接受了（我买给他的）一杯咖啡。最后，我准备起身离去，跟他道别后，便朝出口走去。在门口我碰到了一位朋友。他问：“你是怎么认识加尔布雷思先生的？”

“谁？”

“就是坐在你旁边的人。他是丘吉尔·唐斯公司的董事会主席。”

我简直不敢相信。这个我替他买单、为他提供免费早餐，甚至还觉得可怜的人，竟然是世界上最富有、最有权势的人。

和加尔布雷思先生相处的几分钟改变了我的生活，现在，我尽可能地尊重每个人，不管我觉得他们是谁，也尽可能地用善意和真诚去对待他人。

Thursday

题材：成功经历

词数：245

建议阅读时间：5分钟

How to Be a Winner

Sir Steven Redgrave

Winner of 5 Olympic Gold Medals

“In 1997 I was found to have developed *diabetes* (糖尿病) . Believing my career was over , I felt extremely low . Then one of the specialists said there was no reason why I should stop training and competing . That was it—the encouragement I needed . I could still be a winner if I believed in myself . I am not saying that it isn't difficult sometimes . But I wanted to prove to myself that I wasn't finished yet . Nothing is to stand in my way . ”

Karen Pickering

Swimming World Champion

“I swim 4 hours a day , 6 days a week . I manage that sort of workload by putting it on top of my diary . This is the key to success—you can't follow a career in any field without being well-organized . List what you believe you can achieve . Trust yourself , write down your goals for the day , however small they are , and you'll be a step closer to achieving them . ”

Kirsten Best

Poet & Writer

“When things are getting hard , a voice inside my head tells me that I can't achieve something . Then , there are other distractions , such as family or hobbies . The key is to concentrate . When I feel tense , it helps a lot to repeat words such as ‘calm’ , ‘peace’ or ‘focus’ , either out loud or silently in my mind . It makes me feel more in control and increases my confidence . This is a habit that can become second nature quite easily and is a powerful

psychological tool . ”

生词

distraction *n* . 分散；分散注意力的事：The government needed foreign adventure as a distraction from domestic discontent . 政府需要到国外大胆开拓以分散国内的不满情绪。

tense *adj* . 紧张的：The witness was extremely tense . 这名证人极度紧张。

1 . What does Sir Steven Redgrave mainly talk about ?

- A . Difficulties influenced his career .
- B . Specialists offered him medical advice .
- C . Training helped him defeat his disease .
- D . He overcame the shadow of illness to win .

2 . What does Karen Pickering put on top of her diary ?

- A . Her training schedule .
- B . Her daily happenings .
- C . Her achievements .
- D . Her sports career .

3 . What does the underlined word “**distractions**” probably refer to ?

- A . Ways that help one to focus .
- B . Words that help one to feel less tense .
- C . Activities that turn one's attention away .
- D . Habits that make it hard for one to relax .

4 . According to the passage , what do the three people have in common ?

- A . Courage .
- B . Devotion .
- C . Hard work .
- D . Self-confidence .

参考译文

怎样成为赢家

史蒂文·雷德格雷夫爵士

5届奥运会金牌获得者

“1997年，我被查出患有糖尿病。我觉得自己的职业生涯完了，情绪变得极度低落。后来，一位专家告诉我，我没有任何理由停止训练和比赛。这正是我所需要的鼓励。如果相信自己，我还能取得胜利。我不是说这没什么难的，而是想向自己证明：我没有完蛋。任何事情都阻挡不了我。”

卡伦·皮克林

游泳世界冠军

“我一周游6天，每天4个小时。这么大的训练量，我的应对办法是：把它写在日记的开头。这是成功的关键——没有认真的规划，什么事情都做不成。把你认为能够取得的成绩列成单子。相信自己，写出每天的具体目标，无论多么微小，都是迈向成功的一步。”

柯尔斯顿·贝斯特

诗人、作家

“每当碰到困难时，心中就有个声音对自己说：我无法取得成功。此外，还有其他让我分心的东西，比如家庭和业余爱好。所以关键是要集中注意力。当我觉得紧张时，我就不断地大声说出或在心中默念‘镇静’、‘平和’、‘集中’这样的词，这很有效。我觉得情绪得到了控制，信心也增强了。这种习惯很容易变成第二个天性，也是一种强有力的心理工具。”

Wednesday

题材：运动与健康 词数：302 建议阅读时间：6分钟

Today , people are paying more and more attention to improving their health through sports and exercise . But some of them have some wrong ideas about it .

A plate of chicken is a good meal before games because it has much energy .

In fact , the best meal before games should have *carbohydrates* (碳水化合物) . Foods like potatoes , bread , bananas are rich in it , but chicken and meat are not . Carbohydrates are the best and most easily used form of energy . The energy that you get for today's game is from what you ate yesterday !

The best time to exercise is early in the morning .

No . Morning is a good time to exercise , but it may not be suitable for you . If an afternoon or evening period suits you , and you enjoy the feeling of getting healthier , you can choose any time

to exercise . There is no fixed time for you to exercise .

If you drink water when you exercise , you'll get headaches and feel tired .

The fact is that you must have some water during breaks when you exercise . And after exercising , you must have enough water . If you don't drink enough water , then you'll probably get headaches and feel tired .

Exercising the same body part every day is the fastest way to improve strength .

False . Exercising the same body part every day is the fastest way to cause problems . To improve strength , you want to work your muscles hard , but then you need to give those muscles a day of rest . Too much exercise can cause serious problems to muscles .

Girls who do strength training will make their muscles big .

Wrong . We usually connect those big muscles with bodybuilders , but girls don't have enough of male *hormone* (激素) to make their muscles big like men . Strength training is a good way to make their muscles strong for girls .

生词

fixed *adj* . 固定的 , 不变的 : He has very fixed ideas on this subject. 关于这个问题他的想法一直没有变。

false *adj* . 不正确的 , 错的 : Please decide whether these

statements are true or false.请判断这些陈述的正误。

bodybuilder *n* . 从事健身运动者，健美运动员

阅读上面的短文，选择正确答案。

1 . You had better eat ____ before games .

- A . bananas
- B . chicken
- C . meat
- D . beef

2 . What does the underlined word“*fixed* ”mean in the article ?

- A . Important .
- B . Regular .
- C . Simple .
- D . Difficult .

3 . Which of the following statements is true ?

- A . Strength training might make girls become silly .
- B . Evening is the best time to exercise as it's always cool .
- C . You should eat food full of energy today for tomorrow's games .
- D . Exercising the same body part every day is the fastest way to improve strength .

4 . The writer advises you to ____ .

- A . take exercise only in the morning

- B . make your muscles small through exercise
- C . drink enough water after exercising
- D . become a bodybuilder by strength training

5 . Which of the following would be the best title for the article ?

- A . Results of Sports and Exercise .
- B . Proper Time for Sports and Exercise .
- C . Reasons for Sports and Exercise .
- D . False Ideas About Sports and Exercise .

参考译文

现代人越来越注重通过体育锻炼来增进健康。但是有些人关于运动的观念却是错误的。

在运动前最好吃上一盘鸡肉，因为鸡肉富含能量。

事实上，运动前最好的食物应该富含碳水化合物，像土豆、面包、香蕉等，但鸡肉和其他肉类却不在此列。碳水化合物是最好的也是最容易吸收的能量形式。你今天运动的能量正是来源于昨天摄入的食物！

最佳锻炼时间是每天的清晨。

错。早上锻炼是不错，但不一定适合你。如果下午或傍晚适合你，而且你也喜欢那种健康状况改善的感觉，你可以选择在任何时间锻炼。锻炼未必要在固定的时间进行。

如果锻炼的时候喝水，你会感到头痛和疲乏。

实际上，你必须在锻炼的间隙补充些水分。而且，锻炼结束后

你还得为身体补充充足的水分。如果不这样做，你很可能会感到头痛和疲劳。

每天锻炼相同部位是增强力量的最快方法。

错。每天锻炼相同部位是出问题的最快方法。你需要努力锻炼肌肉以增强力量，但此后需要给肌肉留出一天的休息时间。运动过度会导致肌肉出现严重问题。

女生做力量型训练会使她们的肌肉变大。

错。我们经常把大块肌肉与健美运动员联系在一起。但女生没有足够的男性荷尔蒙来刺激她们的肌肉变大。因此力量型训练是让女生肌肉强健的好方法。

Thursday

题材：特技演员 词数：333 建议阅读时间：6.5分钟

You are watching a film in which two men are having a fight . They hit one another hard . At the start they merely fight with their fists . But soon they begin hitting one another over the heads with chairs . And so it goes on until one of the men crashes through a window—and falls thirty feet to the ground below . He is dead !

Of course he isn't really dead . With any luck he isn't even hurt . Why ? Because the men who fall out of high windows or jump from fast-moving trains , who crash cars or even catch fire , are professionals . They do this for a living . These men are called stunt men . That is to say , they perform tricks .

There are two sides to their work . They actually do most of

the things you see on the screen . For example , they fall from a high building . However , they do not fall on to hard ground but onto empty cardboard boxes covered with a mattress . Again , when they hit one another with chairs , the chairs are made of soft wood and when they crash through windows , the glass is made of sugar !

But although their work depends on tricks of this sort , it also requires a high degree of skill and training . Often a stunt man's success depends on precise timing . For example , when he is“blown up”in a battle scene , he has to jump out of the way of the explosion just at the right moment .

Naturally stunt men are well paid for their work , but they lead dangerous lives . They often get seriously injured—and sometimes killed . A Norwegian stunt man , for example , flew over the edge of a cliff a thousand feet high . His parachute failed to open—and he was killed .

In spite of all the risks , this is no longer a profession for men only . Men no longer dress up as women when actresses have to perform some dangerous action . For nowadays there are stunt girls too !

生词

stunt *n* . 特技表演 , 惊险动作 : In the film he had to drive a car into the sea , and other hair-raising stunts . 在影片中他必须把一辆小车驶进大海 , 还要做一些令人毛骨悚然的惊险动作。

mattress *n* . 床垫 : I'll have to get a new mattress for my

bed—the springs have gone in this one . 我的床需要换个新床垫，这个里面的弹簧都坏了。

阅读上面的短文，选择正确答案。

1 . Stunt men are those who ____ .

- A . often dress up as actors
- B . prefer to lead dangerous lives
- C . often perform seemingly dangerous actions
- D . often fight each other for their lives

2 . Stunt men earn their living by ____ .

- A . playing their dirty tricks
- B . selling their special skills
- C . jumping out of high windows
- D . jumping from fast moving trains

3 . When a stunt man falls from a high building , ____ .

- A . he needs little protection
- B . he will be covered with a mattress
- C . his life is endangered
- D . his safety is generally guaranteed

4 . Which of the following is the main factor of a successful performance ?

- A . Strength .
- B . Accuracy .
- C . Speed .

D . All of the above .

5 . What can be inferred from the author's example of the Norwegian stunt man ?

A . Sometimes a strange thing can occur to a stunt man .

B . The incidence of fatal accidents is high .

C . Parachutes must be of good quality .

D . The cliff is too high .

参考译文

假如你正在看电影，影片中有两个男人在打斗。他们相互用力击打对方。起初只是用拳头，但很快开始用椅子击打对方的头，直到其中一人撞碎窗玻璃，从距地面30英尺的高处坠落，摔死了。

当然，他没有真死。如果幸运，他甚至毫发未损。为什么呢？因为这些从高窗坠落或从高速行驶的列车上跳下以及撞击汽车，甚至身体着火的人都是专业人员。他们以此为生，这些人被称作特技演员。换句话说，他们是在表演戏法。

他们的工作有两个方面。一方面他们要真实地完成你在银幕上看到的大部分动作。例如，从高楼坠落。但另一方面，他们没有坠落在坚实的地面上，而是落在盖有床垫的空纸箱上。还有，他们用于击打对方的椅子其实是软木制成的，而撞毁的窗玻璃则是用糖制成的。

尽管他们的工作依赖于这种把戏，但也要求有高水平的技巧和训练。通常，一个特技演员的成功取决于对时机的精准把握。例如，他在战争画面中表演被炸的场景时，必须在恰当的时间逃出爆炸波及的范围。

当然，特技演员会因这种工作获得丰厚的报酬，但他们却过着危险的生活。他们经常严重受伤，有时甚至丢掉性命。例如，一位挪威特技演员在从1000英尺高的悬崖边跳下时，因降落伞没有打开而丢掉了性命。

尽管充满危险，这一职业也不再专属于男性。当女演员必须表演危险动作时，男演员再也不用装扮成女性，因为现在已经有了女特技演员。

Friday

题材：旅行经历 词数：305 建议阅读时间：6分钟

It was 7 a . m . in Kyoto , Japan , and the taxi company had just called a second time to say they couldn't find my house . Once again I spelt out directions even a blind person could follow , I glanced impatiently at my watch , and waited . Only two hours remained until my flight left and it was an one-and-a-half-hours trip to the airport .

Outside , heavy rains were pouring down . My house was so far north in the city that buses pass only three times a day .

The telephone rang again . “Terribly sorry , ”began the man at the taxi company . Then I realized that the taxi company , flooded with calls , could only offer in-city runs . I had heard this happens when the weather gets bad . I shouted into the phone that I had a plane to catch and I would meet the taxi outside my house .

Standing in the wind-driven rain , I looked up and down the road . No taxi . A car went by , driver and passenger staring at the

crazy foreigner in the downpour .

Finally a white car appeared and pulled to a stop . A young man threw open the door , waving for me to get in . Shaking with cold and anger , I climbed in .

In the most polite Japanese , the man said he was called Mike , with whom I had spoken three times that morning . He had left his post in the office and raced here in his personal car . He apologized again , but did not explain why a taxi would not pick me up . Delivering me straight to the airport , he refused the 2 , 000 yen I pressed into his hand .

A few hours later , as the storm-delayed 727 took off , I opened the newspaper . On the second page my eyes caught the headline of a short article : “Taxi Strike Begins This Morning in Kyoto . ”

生词

glance *v.* 瞥 : He glanced at the envelope and recognized his uncle's handwriting . 他瞥了一眼信封 , 认出了他叔叔的笔迹。

downpour *n.* 倾盆大雨 : A heavy downpour interrupted the basketball match . 大雨中断了这场篮球比赛。

delay *v.* 延误 , 耽误 : The storm delayed the bus . 暴风雨延误了公共汽车。

headline *n.* 大标题 : The headlines that day were full of news of the kidnapping . 那天报纸的大标题充满着有关绑架的消

息。

阅读上面的短文，选择正确答案。

1 . Why did the writer call a taxi early in the morning ?

- A . There were few taxis in town .
- B . He was unable to find the airport .
- C . He wanted to catch a plane .
- D . All the buses stopped because of the rain .

2 . What was the reason for the taxi company not being able to pick him up ?

- A . The taxi drivers refused to work .
- B . The writer didn't give the correct address .
- C . More people were riding in taxis on rainy days .
- D . The taxi drivers didn't like to drive long distance .

3 . The writer got to the airport ____ .

- A . by getting a lift in a passing car
- B . with the help of Mike from the post office
- C . by riding in Mike's car from the taxi company
- D . with the help of a taxi driver sent by his company

4 . We can learn from the text that Mike is ____ .

- A . quick-minded at taking actions
- B . warm-hearted toward people
- C . unfamiliar with the road
- D . a self-employed driver

那时，我在日本京都。一天早上7点，出租汽车公司再次来电说他们找不到我的住所。我再次说明地址，详细到即使盲人都能找到。我不耐烦地瞥了一眼手表，继续等待。离飞机起飞只剩两小时了，而赶往机场还需要一个半小时。

外面，大雨倾盆。我的房子位于城市北部的远郊，每天只有三班公共汽车经过。

电话又响了。“非常抱歉。”出租汽车公司的人开口就说。这时，我才意识到，由于要车的电话太多，出租汽车公司只能提供市内服务。我已经听说过，只要天气变坏，他们就这样做。我对着电话喊叫：我要赶飞机，我可以在户外等他们。

我站在风雨中看着马路，没有出租车。一辆小车经过，司机和乘客都盯着看我这位倾盆大雨中快要发疯的外国人。

终于，一辆白色汽车出现，停在了车站。一位年轻人打开车门，挥手示意我上车。我又冷又气，浑身发抖着爬进车里。

那个人以最礼貌的日语说，他叫迈克，早上和我通过三次话。他离开办公室的岗位，开着自己的车赶往这里。他再次表示道歉，但没有解释为什么没有出租车载我。他把我直接送到机场，拒绝了我硬塞到他手中的2000日元。

几小时后，当因暴风雨延误的727（波音飞机）终于起飞后，我打开了报纸。在第二版上，我看到了一篇短文的标题：“今晨京都出租车司机开始罢工。”

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

shave	board	stunt	downpour	delay	headline
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() 1 . to make a part of your body smooth by cutting off the hair

() 2 . words in big letters at the top of a newspaper story

() 3 . a large amount of rain that falls quickly

() 4 . a group of people who have the responsibility of managing important business or government activities

() 5 . something dangerous , for example jumping from a building , that is done to entertain people , often as part of a film

() 6 . to do something later than is planned or expected

轻松一刻

幽默故事

An artist asked the gallery owner if anyone had shown interest in his paintings .

“I've got good news and bad news , ”she said , “the good news is that some guy inquired about your work and wondered if it would *appreciate* (升值) in value after you died . When I told him it would , he bought all 15 of your paintings . ”

“And the bad news ? ”

“The guy was your doctor . ”

参考译文

一位艺术家问画廊老板，是否有人对他的作品感兴趣。

“我有好消息，也有坏消息要告诉你，”她说，“好消息是有人询问你的作品在你死后是否会升值。我告诉他会的。他就把你的15幅画全买走了。”

“那坏消息呢？”

“那家伙是你的医生。”

第23周

(答案参见此处)

Monday

题材：游戏起源 词数：147 建议阅读时间：3分钟

Have you ever worked on a jigsaw puzzle , fitting the pieces together to form a picture ? Perhaps you've wondered how they started . They were known as far back as the days of ancient Egypt , when they were made of baked tile . For some reason , people ceased making them , and the idea disappeared for centuries .

It wasn't until the 1760s that the puzzle returned—this time in England . A printer , John Spilsbury , decided to glue a map onto a thin piece of wood and saw it into odd-shaped pieces . He thought that such puzzles would be fun and educational for children . People bought Spilsbury's puzzles and his business grew . Later , other printers began making jigsaw puzzles . They usually were of poems or pictures .

Now people of all ages enjoy putting puzzles together . Making jigsaw puzzles has become a multimillion-dollar industry , and they are enjoyed throughout the world .

生词

jigsaw *n.* (= jigsaw puzzle) 拼图玩具 : He is trying to piece together like a jigsaw the various bits of information . 他正在像玩拼图似的把点点滴滴的情报拼凑起来。

bake *v.* 烘烤 ; 烘干 , 烧硬 : The sun baked the ground hard . 太阳把地面晒硬了。

tile *n.* 瓷砖 , 地砖 , 瓦 : brick houses roofed in red tiles 红瓦覆顶的砖房

cease *v.* 停止 : The rain had almost ceased by the time we left . 我们离开的时候 , 雨几乎停了。

阅读上面的短文 , 选择正确答案。

1 . The best title is ____ .

- A . The Puzzles of Egypt
- B . The History of Jigsaw Puzzles
- C . A Good Education for Children
- D . A Printer in England

2 . Jigsaw puzzles made of baked tile were used in ____ .

- A . England
- B . Greece
- C . America
- D . Egypt

3 . John Spilsbury made his puzzles of ____ .

- A . clay
- B . glass

- C . wood
- D . cardboard

4 . The story suggests that Spilsbury's first puzzle was concerned with ____ .

- A . geography
- B . rhymes
- C . art
- D . literature

5 . The underlined word "**ceased** " means ____ .

- A . began
- B . enjoyed
- C . stopped
- D . continued

参考译文

你玩过拼图游戏吗？就是将一个个小块拼凑成一幅图画那种东西。或许你想知道它是如何产生的。其实远在古代埃及时代，人们就已经知道它了。那时，它们是用烧制过的小瓷片做成的。后来，由于某种原因，

人们不再制作它们了，这个创意就这样消失了数个世纪。

直到18世纪60年代，这个游戏才重返人间——这次是在英格兰。一个叫约翰·斯皮尔斯伯里的印刷工将一张地图粘在薄木板上，最后发现它碎成了各种奇形怪状的小片。他想，这个游戏对孩子们来说应该还是比较有趣、有教育意义的。之后，人们开始购买斯皮尔斯伯里的这种玩具，他的生意越做越大。后来，其他印刷工也开始

制作拼图游戏。上面的内容大多为诗歌或图片。

现在，各种年龄段的人都喜欢玩拼图游戏。它也因此成为一项产值数百万美元的产业，得到全世界人们的喜爱。

Tuesday

题材：笑与健康 词数：304 建议阅读时间：6分钟

Do you want to live a happier , less stressful life ? Try laughing for no reason at all . That's how thousands of people start their day at Laughter Clubs around the world—and many doctors now think that having a good laugh might be one of the best ways to stay healthy .

The first Laughter Club was started in Mumbai , India , in 1995 by Dr . Madan Kataria . “Young children laugh about 300 times a day . Adults laugh between 7 and 15 times a day , ”says Dr . Kataria . “Everyone's naturally good at laughing—it's the universal language . We want people to feel happy with their lives . ”There are now more than 500 Laughter Clubs in India and over 1 , 300 worldwide .

Many doctors are also interested in the effects of laughter on our health . According to a 5-year study at the UCLA School of Medicine in California , with laughing there is less stress in the body . Laughter improves our health against illness by about 40% .

So , what happens at a Laughter Club ? I went along to my nearest club in South London to find out . I was quite nervous at

the beginning of the class , to be honest—I wasn't interested in laughing with a group of strangers , and I was worried about looking stupid . Our laughter teacher told us to clap our hands and say“ho ho ho , ha ha ha”while looking at each other . However , our bodies can't tell the difference between fake laughter and real laughter , so they still produce the same healthy effects .

Surprisingly , it works ! After ten minutes everybody in the room was laughing for real—and some people just couldn't stop ! At the end of the class I was surprised by how relaxed and comfortable I felt . So if you're under stress , then start laughing . You might be very pleased with the results !

生词

stressful *adj.* 紧张的 , 压力重的 : Life with several children is hard and stressful . 拖着几个孩子过日子艰辛且负担沉重。

universal *adj.* 普遍的 , 广泛的 ; 万能的 , 通用的 : a universal language 一门通用语言

effect *n.* 效果 , 结果 : Most people are aware of the harmful effects of smoking . 大多数人都知道吸烟的坏处。

to be honest 坦率地说 : To be honest , I don't think we've a chance of winning . 说实话 , 我认为我们没有取胜的可能。

for real 认真地 , 当真地 : Let's do our work for real . 让我们认真工作吧。

阅读上面的短文，选择正确答案。

1 . In which country was the first Laughter Club started ?

- A . Britain .
- B . America .
- C . Australia .
- D . India .

2 . How did the writer feel at the beginning of the class ?

- A . Surprised .
- B . Pleased .
- C . Nervous .
- D . Stressful .

3 . When did the people in the club begin to laugh for real ?

- A . After a few minutes .
- B . After a few hours .
- C . After a few seconds .
- D . After a few days .

4 . Which of the following is true according to the passage ?

- A . Fake laughter and real laughter are both good for health .
- B . 40% of the people in Laughter Clubs are good friends .
- C . Adults laugh more often than children in a day .
- D . Laughing is the best way to prevent illness .

参考译文

你想拥有更快乐、压力更小的生活吗？试着没有来由地大笑

吧。这就是为什么世界上有成千上万的人加入笑声俱乐部的原因。现在，很多医生都认为开怀大笑可能是保持健康的最好方式之一。

第一个笑声俱乐部始于1995年，由马登·卡塔瑞尔医生创立于印度孟买。“小孩子每天要笑300次左右；而大人只有7到15次，”卡塔瑞尔医生说，“每个人都天性爱笑——它是世界上最通用的语言。我们希望人们都对自己的生活满意。”目前在印度有500多家笑声俱乐部，而全世界则有1300多家这种俱乐部。

笑声对健康的影响同样引起了很多科学家的兴趣。根据加州大学洛杉矶分校医学院长达5年的研究，笑声能减轻个体的压力。同时，笑声能促进健康，让我们抵御疾病的能力提高40%左右。

那么，笑声俱乐部到底是怎么一回事呢？我去了位于伦敦南部最近的一家俱乐部一探究竟。在上课伊始，我十分紧张，说实话，我并不想对着一群素昧平生的人大笑，也担心这样会显得很傻。但笑声指导老师却告诉我们要看着对方，一边拍手一边说：“呵呵呵，哈哈”。尽管我们的身体分不清假笑和真笑，但它们同样起到了促进健康的效用。

令人惊奇的是，它确实起了作用！十分钟后，屋子里的每个人都发自内心地笑了——一些人甚至无法停下来！课后，我的感觉是如此轻松、舒适，以至于我自己都惊奇不已。所以，朋友，如果你正承受着压力，那就大声笑吧，它会带给你满意的结果。

Wednesday

题材：人与动物 词数：420 建议阅读时间：8.5分钟

It was a Sunday and the heavy storm had lasted all night . The morning after the storm , though , was beautiful : blue skies ,

warm air and a calm , inviting sea touching the shore gently .

My father realized it was a good day for fishing and invited my sister and me to go with him . I was only 14 and fishing had never been my thing , but I decided to go all the same . I'm so glad I did .

On the road to the harbour we could see the terrible destruction on the coast , but the harbour itself was in fairly good shape . After all , it was protected by the arms of a bay that had only one tiny channel to the sea . As we got on board , we noticed two big humps in the distance .

On approaching them , we saw it was a mother whale with her baby . We couldn't believe it—there aren't any whales along the coast here . The storm must have driven them across the ocean into the bay , in which the still water was so badly polluted that nothing could survive .

The little baby whale—actually as big as our boat—was obviously stuck and could not move . The mother dived under the water and came up suddenly , making big whirlpools and waves . “She's trying to help her baby , but on the wrong side , ”my father said . At this point , my father moved our boat in a semicircle to the other side and , heading the boat towards the baby whale , pushed it gently . With our several gentle pushes the big hump turned over and disappeared under water . Then it swam up right beside its mum . They struggled in their desperate attempts to escape but missed the exit and started heading in the wrong direction . We hurried up to the whales and tried to lead them towards the bay channel . Slowly , they let us lead them ,

sometimes rising from the water right beside us to breathe—and to give us a trusting look with those huge eyes . Once they hit their first part of clean water flowing straight from the sea , the mum gave us a wave with her tail and off they swam into the distance .

In the excitement it had felt like only a few minutes , but we had been with those wonderful animals for almost an hour and a half . That was the simple and lasting beauty of the day . Nearly four decades later , I still look back fondly to that golden day at sea .

生词

destruction *n* . 破坏 : The building must be saved from destruction . 必须保护好这栋大楼 , 使其免遭破坏。

hump *n* . 驼峰 ; 圆形突起物 : a man with a hump on his back 一个驼背男子

whirlpool *n* . 漩涡 : We seemed to be caught in a whirlpool of violence and blood . 我们似乎卷入了一个血腥与暴力的漩涡。

semicircle *n* . 半圆 : The teacher asked the pupils to sit in a semicircle to listen to the story . 老师让学生坐成半圆形听故事。

fondly *adv* . 深情地 , 满怀柔情地 : The mother looked fondly at her son . 母亲深情地望着儿子。

阅读上面的短文 , 选择正确答案。

- 1 . The author says "*I'm so glad I did* "because ____ .
- A . he witnessed the whole process of fishing
B . he enjoyed the beauty of the calm sea
C . he experienced the rescue of the whales
D . he spent the weekend with his family
- 2 . The harbour survived the storm owing to ____ .
- A . the shape of the harbour
B . the arms of the bay
C . the still water in the channel
D . the long coastline
- 3 . The mother whale failed to help her baby because ____ .
- A . she had stayed in the polluted water for too long
B . the whirlpools she had made were not big enough
C . she had no other whales around to turn to for help
D . the waves pushed her baby in the wrong direction
- 4 . What is the theme of the story ?
- A . Saving lives brings people a sense of happiness .
B . Fishing provides excitement for children .
C . It's necessary to live in harmony with animals .
D . It's vital to protect the environment .

参考译文

那是一个周日，猛烈的暴风雨持续了整晚。第二天，雨后的早晨格外美丽：蓝蓝的天空，温和的空气，宁静迷人的大海轻轻拍打

着海岸。

爸爸觉得这是个钓鱼的好天气，于是邀请姐姐和我跟他一起外出。我当时只有14岁，对钓鱼一无所知，但还是决定和大家一起去。我很庆幸做出这个决定。

走在通往海港的路上，我们看到海岸受到了严重破坏，但海港本身还完好无损。毕竟港口受到海湾两翼的保护，只有一条窄窄的水道通往大海。上船后，我们注意到远处有两团巨大的隆起。

靠近后，我们发现那是一只母鲸和它的孩子。我们简直不敢相信自己的眼睛，这里的海岸附近从未出现过鲸。肯定是暴风雨把它们赶进海湾的。海湾里的死水受到了严重污染，没有生物能够存活下去。

那只幼鲸实际上有我们的船那么大，它显然搁浅了，不能游动。母鲸潜入水底，又突然冒出水面，形成了巨大的漩涡和海浪。“它正在想办法帮助自己的孩子，但方向错了。”爸爸说。这时，爸爸把船绕着开了半圈，驶到鲸的另一面，然后朝着幼鲸开去，轻轻地推着它。推了几次后，幼鲸巨大的身躯翻了过来，消失进水中。然后它游到母鲸身旁。它们拼命地挣扎，试图逃离，但找不到出口，却朝着错误的方向前进。我们赶紧追上去，想引导它们游向航道。慢慢地，它们开始跟着我们了，有时候还从身旁的水中冒出来，呼吸空气，同时用巨大的眼睛信任地看着我们。一碰到大海带来的洁净的海水时，母鲸便挥动着尾巴向我们告别，游向远方。

这令人兴奋的感觉好像只有几分钟，但实际上我们和这些神奇的动物相处了近一个半小时。这是记忆中单纯而永远美好的一天。近40年过去了，我仍满怀深情地回忆起海上度过的金色的一天。

Thursday

题材：成长经历

词数：198

建议阅读时间：4分钟

I was ten when I first sat with my grandmother behind the cashier in her general store . 1 I quickly learned the importance of treating customers politely and saying “Thank you” .

At first I was paid in candy . 2 I worked every day after school , and during the summer and on weekends and holidays from 8 a . m . to 7 p . m . My father helped me set up a bank account . 3

By the time I was 12 , my grandmother thought I had done such a good job that she promoted me to selling cosmetics . I developed the ability to look customers directly in the eye . Even though I was just a kid , women would ask me such things as “What color do you think I should wear ? ” I took a real interest in their questions and was able to translate what they wanted into makeup ideas . 4

The job taught me a valuable lesson : to be a successful salesperson , you didn't need to be a rocket scientist—you needed to be a great listener . 5 Expect they are no longer woman purchasing cosmetics from me ; instead , they are kids who tell me which toys they would like to see designed and developed .

生词

rewarding *adj.* 值得的，有益的：It's been hard work but the climb has been immensely rewarding . 攀登很辛苦，但非常

有益。

cosmetics *n.* 化妆品 : spend money on dress and cosmetics 花钱买衣服和化妆品

look sb. in the eye (s) 坦然地正视某人 : She knew he was lying when he couldn't look her in the eyes . 当他不敢坦然地正视她时 , 她知道他在撒谎。

makeup *n.* 化妆 , 化妆品 : Her makeup is too showy . 她太浓妆艳抹了。

阅读上面的短文 , 从下面方框中选出恰当的句子完成1~5题。其中两项为多余选项。

A . Later I received 50 cents an hour .

B . Before long , she let me sit there by myself .

C . I ended up selling a record amount of cosmetics .

D . Today I still carry that lesson with me : I listen to customers .

E . My grandma's trust taught me how to handle responsibility .

F . Soon I found myself looking more beautiful than ever before .

G . Watching my money grow was more rewarding than anything I could have bought .

参考译文

10岁时，我第一次和祖母一起坐在杂货店里的收银台后面收银。不久，她就让我独自从事这份工作。我很快就懂得了礼貌待客、多说谢谢的重要性。

一开始，我得到的报酬是糖果，后来，我就能挣到每小时50美分了。我每天放学后都去工作，碰到暑假、周末和节假日，我就从早上8点工作到晚上7点。父亲帮我开了一个银行账户。看着上面的钱越来越多，我感觉比买任何东西都满足。

等我长到12岁时，祖母认为我的工作很出色，于是提拔我去卖化妆品。我已经练就了坦然正视顾客的能力。尽管我只是个孩子，但那些女士们还是会向我征询“你觉得我用什么颜色好？”之类的问题。我对她们的问题确实很有兴趣，也能够把她们的想法转化为合适的化妆品。最后，我的销售破了纪录。

这项工作给我上了重要的一课：做一个成功的商人不是做火箭科学家——你必须先成为好的倾听者。现在，我依然秉持这一原则：倾听顾客的需求。不用把她们当成从我这里购买化妆品的妇女，相反，她们也是孩子，告诉我她们喜欢的玩具应当设计或改进成什么样子。

Friday

题材：菌类植物 词数：242 建议阅读时间：5分钟

When we think of plants , most of us will think of things that grow from the ground and have green leaves , but there are plants that do not look or act like other plants . Some of these belong to a

special class of plants called fungi .

Fungi may appear almost everywhere . They commonly grow in damp places where they can get food and water easily . Because fungi do not have green leaves to make their own food , fungi must take their food from animals , other plants or water . Some fungi live on dead or rotting wood , while others grow on living trees or in dirt or moss . Mushrooms are the best-known fungi . There are many kinds of mushrooms appearing in all shapes and sizes . For example , *cauliflower* (花椰菜) mushrooms are found in forests from July to October . They can grow to be as heavy as fifty pounds ! They commonly grow at the foot of trees .

Squirrels' bread is another kind of wild mushroom . Its appearance and use explain the origin of its name . These fungi , look like small golden cakes . Squirrels can easily nibble them or carry them off to their nests to eat later .

The mushrooms found in food stores are carefully grown by people who know they are safe to eat . Mushroom experts warn people never to touch or taste wild mushrooms because some of them are deadly . Even less dangerous ones can still make a person very sick .

生词

fungus *n* . ([复] **fungi** 或 **funguses**) 真菌 :
Mushrooms and mould are funguses . 蘑菇和霉菌都是真菌。

damp *adj* . 潮湿的 : Just wipe off the surface with a damp paper towel . 用湿纸巾擦擦表面就行了。

rot *v.* 腐烂，腐蚀：Moisture can rot your house's foundation . 潮气会腐蚀你的房子的地基。

moss *n.* 苔藓，地衣：rocks covered in moss长满苔藓的岩石

nibble *v.* 啃咬：She was nibbling her food like a rabbit . 她像兔子一样小口小口地吃着东西。

阅读上面的短文，选择正确答案。

1 . Fungi usually grow ____ .

- A . in wet places
- B . in places full of water
- C . under big trees
- D . behind houses

2 . Green plants can ____ .

- A . easily make their own food
- B . live on rotting leaves or in dirt
- C . be found only in the wild
- D . not be dangerous to people

3 . People are advised not to eat wild mushrooms because ____ .

- A . they are unfit for main food
- B . they may be dangerous to people's health
- C . they don't taste so good
- D . they have some strange smell that does harm to people

4 . Mushrooms bought from markets are safe to eat because

- .
- A . they are proved to be safe
 - B . they are grown carefully by people
 - C . they are safe wild fungi
 - D . they are not warned by experts

参考译文

当我们想到植物时，大多数人想起的是从地下冒出、长着绿叶的东西，但也有一些植物，它们不但样子不像，甚至习性也不像其他植物。其中的某些就属于植物中的特殊一族——真菌纲。

真菌可能出现在几乎所有地方。它们通常生长在潮湿地带，这样，它们就能轻易地获取食物和水分。由于真菌没有可以制造食物的绿叶，它们必须从动物、其他植物或水中获取食物。有些真菌生长在死掉或正在腐烂的木头上，还有些真菌生长在活着的树木、泥土或苔藓上。蘑菇是最著名的真菌类植物。它们有许多种类，呈现出不同的形状和大小。比如，每年的6月到10月，森林里可以找到花椰菜蘑菇。它们能长到重达50磅！它们通常长在树根旁。

松鼠面包是另一种野生蘑菇。它的样子和用途解释了这一名称的由来。这些真菌的样子就像金色的小蛋糕。松鼠很容易咬食或是带回巢中以供日后享用。

用作食物储备的蘑菇是人们精心种植出来的，他们知道这些东西可以安全食用。蘑菇专家警告人们不要触摸或品尝野生蘑菇，因为其中的某些品种可以致人死命。即使是不太危险的品种，也能让人非常难受。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

cease	destruction	cosmetics	damp	rot	nibble
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() 1 . slightly wet , often in an unpleasant way

() 2 . substances that you use on your hair or skin to make yourself look more attractive

() 3 . to stop happening or continuing

() 4 . to eat something by taking a lot of small bites

() 5 . to decay by a gradual natural process

() 6 . damage that is so severe that something stops existing or can never return to its normal state

轻松一刻

幽默故事

“You have a very rare and extremely *contagious* (传染的) condition , ”the doctor told his patient . “We're going to put you in an isolation unit , where you'll be on a diet of pancakes and pizza . ”

“Will pancakes and pizza cure my condition ? ”

“No , ”replied the doctor . “They're the only things we can slip under the door . ”

参考译文

“你得了一种非常罕见且传染性极强的病，”医生对病人说，“我们打算把你送进隔离病房，你在那里只能吃薄煎饼和比萨。”

“薄煎饼和比萨能治好我的病吗？”

“不能，”医生答道，“它们是唯一能从门下面塞进去的东西。”

第24周

(答案参见此处)

Monday

题材：食物 词数：213 建议阅读时间：4.5分钟

Do you like pizza ? What about fish ? Did you know that the senses of taste , smell , and touch all combine to tell you what the flavor of something is ?

Taste

The taste buds on our tongues detect sweet , salty , sour , and bitter tastes . Taste buds for salty flavors are near the sides and front of our tongues . Taste buds for sweet flavors are at the tips of our tongues . Bitter flavor taste buds are at the rear of our tongues . Sour taste buds are at the sides . The *saliva* (唾液) in our mouths moistens dry foods so they can be tasted .

Smell

Food smells reach specific nerves in the upper part of our noses . These nerves send messages to our brains . Any disorders that affect our sense of smell will also affect our ability to detect food flavors .

Touch

Our nose , lips , mouth , and throat react to the texture and

feeling of the foods we put in our mouths . Peppermint feels cool .
Jalapenos feel hot .

It's the combination of these senses working together that tell us what the flavor is . That's what causes us to keep eating what we're eating or reject it . The flavor is the same , no matter who eats it , but we learn to like a flavor or not .

生词

rear *n* . 后部 , 后面 : He walked toward the rear of the house . 他向屋子后面走去。

moisten *v* . 把.....弄湿 : Moisten this cake mixture with some milk . 加点牛奶使这蛋糕拌料变得稀一点。

disorder *n* . (身心机能的) 失调 , 紊乱 : He had a disorder of the digestive organs . 他的消化器官机能失调。

texture *n* . 质地 : This linen table-cloth has a fine texture . 这种亚麻桌布质地很好。

reject *v* . 拒绝 , 厌弃 , 排斥 : We'll have to reject these . They've got little cracks in them . 我们只得拒绝购买这些产品 , 因为它们有细裂纹。

阅读上面的短文 , 选择正确答案。

1 . What are the little sensors in your mouth that distinguish salty , sweet , sour , and bitter flavors called ?

A . Taste particles .

- B . Tasters .
- C . Taste buds .
- D . Taste treats .

2 . What is saliva used for ?

- A . Moistening dry food so it can be tasted .
- B . Preventing sore throats .
- C . Signaling you that something is wrong .
- D . Letting you know that it's time to eat .

3 . Why do different people like different flavors ?

- A . The number of taste buds in their mouths is different .
- B . They have learned to like or dislike certain flavors .
- C . They are born to like or dislike specific flavors .
- D . Flavors change depending on who is tasting them .

4 . What are the three senses that combine to make a flavor ?

- A . Touch , sight , hearing .
- B . Taste , smell , touch .
- C . Smell , hearing , taste .
- D . Sight , taste , smell .

5 . Which of the following would the tip of the tongue sense ?

- A . Salty flavors .
- B . Bitterness .
- C . Sour flavors .
- D . Sweetness .

6 . What sends messages to our brains ?

- A . The taste buds on our tongues .
- B . The specific nerves in the upper part of our noses .
- C . The saliva in our mouths .
- D . The taste buds at the rear of our tongues .

7 . What affects our ability to detect food flavor ?

- A . The bitter flavor taste buds .
- B . Sour taste buds .
- C . Any disorders that affect our sense of smell .
- D . The feeling of the foods we put in our mouths .

8 . What causes us to keep eating what we're eating or reject it ?

- A . The taste buds on our tongues .
- B . The feeling of the foods we put in our mouths .
- C . The combination of the senses .
- D . The education we've got .

参考译文

你喜欢吃比萨吗？那么鱼呢？你知道食物的味道其实是通过味觉、嗅觉和触觉综合在一起你才能感知的吗？

味觉

舌头上的味蕾可以品尝出甜、咸、酸、苦。感受咸味的味蕾靠近舌尖和两侧，感受甜味的味蕾位于舌尖，感受苦味的味蕾在舌根，感受酸味的味蕾在两侧。我们嘴里的唾液将干燥的食物弄湿，这样，我们才能尝出味道。

嗅觉

食物的气味到达鼻子上端的特定神经，这些神经再将讯号传递给大脑。任何影响嗅觉的疾病都会干扰我们感知食物味道的能力。

触觉

我们的鼻子、嘴唇、嘴巴和喉咙对放入嘴里的食物的质地和触感有反应。薄荷糖是冰凉的，墨西哥辣椒是热辣的。

这些感觉结合在一起，我们才能分辨出味道如何。这就是我们为什么会喜欢或排斥某样东西的原因。事实上，无论由谁来品尝，同种食物的味道都是相同的，只不过每个人的喜好不同罢了。

Tuesday

题材：服务性工作 词数：170 建议阅读时间：3.5分钟

If you have strong arms and feet , a lot of patience and a very good temper , you might make a good waiter .

You must start , however , not in the restaurant , but in the kitchen , helping the chef , to learn exactly how each dish is prepared . Then you will be able to tell the customers what the ingredients are and how the food is cooked .

From this first step , you may enter the restaurant as a “commis” , or learner . But you won't be allowed to serve the customers yet . They will only let you do the simplest jobs : laying the tables and carrying the plates and cutlery . But all the time you must watch and learn . Later , you will be taught how to serve

food , and if you are good at it you may become“chef de rang” (a waiter in charge of a number of tables) . You may even become a head waiter eventually , if you have the right sort of personality and are not afraid of hard work .

生词

temper *n* . 脾气 : You must learn to control your temper . 你必须学会控制自己的脾气。

ingredient *n* . 配料 ; 成分 : The main ingredients of the cake are flour and sugar . 这种饼的主要成分是面粉和糖。

cutlery *n* . [总称] 餐具 : The waitress laid the cutlery on the table . 女服务生把餐具在餐桌上摆好。

personality *n* . 个性 , 品格 : I think you'll like Judy—she's quite a personality . 我想你会喜欢朱迪的 , 她很有个性。

阅读上面的短文 , 选择正确答案。

1 . A waiter must start his work in the kitchen ____ .

- A . so that he can help the chef
- B . to get some knowledge of the dishes
- C . to learn how to become a chef
- D . to learn how to be a commis

2 . What is NOT the job of a“commis” ?

- A . Doing the simplest jobs .
- B . Serving the customers .

C . Laying the tables .

D . Carrying the plates and cutlery .

3 . You can become a head waiter in the end if you ____ .

A . work hard

B . are a kind-hearted person

C . have good manners

D . both A and C

4 . Which of the following statements is true ?

A . Before you become a“chef de rang” , you have to be a head waiter .

B . Hard work and patience can make one a good waiter .

C . The head waiter's job is to lay the tables and carry plates and cutlery .

D . A“commis”is a waiter in charge of a number of tables .

参考译文

如果你四肢强壮、有足够的耐心和好脾气，那么你就有望成为一名优秀的服务生。

然而，服务生的工作必须始于厨房而非餐厅，因为你需要通过在厨房里为厨师们打下手来了解每道菜的制作流程。只有这样，你才能告诉客人们每道菜的材料是什么，烹饪流程如何。

过了第一关后，你就可以以副手或学徒的身份进入餐厅工作了，但这时还不能直接为客人服务。他们只会让你做一些最简单的工作，比如铺桌子、摆放餐盘刀叉等。与此同时，你还要不停地观察、学习。在这之后，你就该学习如何上菜了。如果做得好，你就

有望成为“资深服务生”(同时负责几张餐桌)。如果你个性良好且不畏辛苦,甚至有可能最终晋升为领班。

Wednesday

题材: 美国社会 词数: 252 建议阅读时间: 5分钟

America is a mobile society . Friendships between Americans can be close and real , yet disappear soon . They don't feel hurt . If the same two people meet again , even years later , they pick up the friendship . This can be quite difficult for us Chinese to understand . Friendships between us develop more slowly but may become lifelong feelings , extending deeply into both families .

There is another difficult point for us to understand . Although Americans treat friends warmly in their personal everyday lives , they don't show their politeness to them if it requires a great deal of time . But in China , we are usually generous with our time . We , as hosts , will appear at an airport even in the middle of the night to meet a friend . We may take days off from our work to act as guides to our friends . It is opposite in America . Americans cannot manage the time to do a great deal with a visitor outside their daily plans . They will probably expect the visitors to get themselves from the airport to the hotels . And they expect the visitors will phone them from there . Once the visitors arrive at their homes , the welcome will be full , warm and real .

For Americans , it is often considered more friendly to invite a friend to their homes than to restaurants , except for business matters . Americans are ready to receive us foreigners at their

homes , share their holidays , and their home life . So accept their hospitality at home and enjoy your visit in America !

生词

extend *v* . 延伸 : We will eventually extend the road as far as the station . 我们最终要把这条路延伸到车站。

generous *adj* . 慷慨的 : Ida is more generous to family and friends than her sister . 对于家人和朋友 , 艾达比她姐姐更慷慨。

hospitality *n* . 好客 , 殷勤 : I thanked him for his hospitality and his kindness in driving me back to my hotel . 我感谢他的盛情款待及开车送我回旅馆的热心举动。

阅读上面的短文 , 选择正确答案。

1 . The underlined phrase "***pick up***" in Paragraph 1 may mean " ____ " .

- A . keep out
- B . give up
- C . pay no attention to
- D . continue

2 . Which of the following is the typical way of American hospitality ?

- A . Treating friends at home .
- B . Taking days off to be with friends .
- C . Meeting friends at the airport at midnight .

D . Sharing everything they have .

3 . Which of the following statements is true according to the passage ?

A . Americans are always generous with their time .

B . Americans don't feel hurt if their friendships disappear soon .

C . Chinese friendships develop more slowly but will never disappear .

D . Chinese friendships are more sincere than American friendships .

4 . This passage is most probably written for ____ .

A . American students

B . Chinese students

C . Chinese visitors to America

D . American visitors to China

参考译文

美国是一个流动的社会。美国人之间的友谊可能是亲密且真实的，但却消失得很快。不过，他们不会因此而感伤。即使是多年以后，两个好友再次重逢，他们也能重拾彼此的友谊。这对于我们中国人来说可能非常难理解。我们的友谊发展得较慢，但一旦发展起来可能就是终身的朋友，而且会把这种友谊深入到彼此的家庭之间。

还有一点对我们来说也是很难理解的。虽然美国人在个人的日常生活中对朋友很热情，但是如果这种热情需要花费大量时间来维

持的话，他们就不那么客套了。但是在中国，我们通常在与朋友相处的过程中表现出对时间的慷慨。作为主人的我们，会在三更半夜出现在机场，只为接一个朋友。我们可能会请几天假，带来访的朋友们游玩。在美国情况却恰恰相反。美国人不会腾出时间为日常计划外出现的拜访者做很多事情。他们可能会希望拜访者自己从机场前往下榻的旅馆。并且希望拜访者自己从旅馆打电话过来。但一旦他们到了美国人的家里，美国人就会非常充分、热情并且真诚地招待他们的朋友。

对美国人来说，除了生意上的事情，邀请朋友们来家里比邀请他们下馆子还要显得友好些。美国人已经做好了在家里接待我们这些外国客人的准备，与我们分享他们的节日及家庭生活。所以，好好感受美国人民家中的热情好客，享受你的美国之旅吧！

Thursday

题材：动物习性 词数：264 建议阅读时间：5.5分钟

Apes and Monkeys

Apes (猿) and monkeys live in the rain forests. The apes live mostly in Africa and Asia, as do Old World monkeys. Monkeys that live in South America are called New World monkeys. They are both *primates* (灵长类动物). Do you know how to tell an ape from a monkey? It is easy. Monkeys have tails, and apes do not have tails.

The ape family includes the *gorilla* (大猩猩), the *chimpanzee* (黑猩猩), and the *orangutans* (猩猩). The gorillas walk on their feet, and have long arms that reach the ground. Their

knuckles help support them , but they can stand on two legs . They eat leaves , stalks , and bamboo . Chimpanzees usually walk on all fours . They eat leaves , fruit , seeds , and sometimes meat . They are smart animals .

The monkey families of the rain forests include howler monkeys , spider monkeys , and golden tamarins . Monkeys get around on all four legs . Some have strong tails that can hold on to a branch . Monkeys go from *vines* (藤本植物) to get from one tree to another . They also eat fruit and nuts , some small bird eggs and insects . Both the apes and monkeys live in groups or families . They stay together throughout their lives , and support each other . Many ape families have a leader . The leader is very strong . If another ape wants to be the leader they often fight for the position . The strongest ape will lead the group . Monkeys , also live in family groups . Both apes and monkeys depend on the rain forest for the survival of their families .

生词

Old World *n* . 欧、亚、非三洲；东半球

New World *n* . 新大陆（尤用于欧洲人初次发现美洲时对其的称呼）

knuckle *n* . 指节：crack one's knuckles使指关节格格作响

阅读上面的短文，回答问题。

1 . What are monkeys that live in South America called ?

2 . Who will lead the group , or families of monkeys ?

3 . How long do monkeys stay with their families , or groups ?

4 . What do monkeys have while apes do not ?

5 . Where do monkeys and apes live ?

参考译文

猿和猴居住在雨林。猿大多分布在非洲和亚洲，东半球的猴子也是如此。居住在南美洲的猴子被称为西半球猴子。它们都是灵长类动物。你知道如何区别猿和猴吗？很简单。猴子有尾巴，而猿没有。

猿类包括大猩猩、黑猩猩和猩猩。大猩猩用脚走路，它们的长臂可以触到地面。它们的指关节能帮助支撑身体，也可以双腿站立。它们吃树叶、植物的茎和竹子。黑猩猩通常用四肢行走。它们吃树叶、水果、种子，有时也吃肉。它们都是聪明的动物。

雨林中的猴类包括吼猴、蜘蛛猴和金丝猴等。猴子依靠四肢到处行走。有些猴子有强壮的尾巴，可以卷住树枝。猴子借助藤蔓从一棵树到另一棵树。它们也吃水果和坚果，有时还吃小的鸟蛋和昆

虫。猿和猴都是群居动物。它们一辈子都生活在一起，互相扶持。很多猿类都有首领，首领长得很壮。如果另一个猿想当首领，它们就会经常为此而打斗。最强壮的猿领导着一群猿。猴子也是群居的。猿和猴依赖雨林维系着种群的繁衍。

Friday

题材：人与动物 词数：268 建议阅读时间：5.5分钟

The year 2009 is the Year of Ox . The ox is a representative of the farming culture of China . In the farming economy , oxen are the major animals pulling plows .

Of course , the good of oxen is not limited to plowing . In fact , they are seen as “boats on land ” for their ability to carry loads . Besides , the whole body of an ox is full of treasures . Their meat and milk are food full of nutrition , and their skin can be used to make clothes and shoes . With all these qualities , oxen are regarded as generous creatures .

In the past , oxen played an important role in the spiritual life of the Chinese . Even today , oxen still play a special part in some folk activities . For example , some people who live in southwest China will cook cattle bone soup and share it among family members when holding the ceremony for children who reach 13 . They believe that the cattle bone soup represents the blood relationship among family members . In order to express their love for oxen , people in some other areas will run to shake off diseases on the 16th day of the first month by the lunar calendar , and during their run they will take their oxen along , which indicates

they regard the creature as human .

Because of the contribution of oxen in their lives , the Chinese people are very grateful to the animal . In addition , the use of oxen in ceremonies and the thanks people owe to oxen help to develop various traditional customs , which becomes an important part of the folk culture of the Chinese nation .

生词

representative *n* . 代表 : Mr . Smith was the headmaster's representative . 史密斯先生是校长所派的代表。

plow *n* . 犁 *v* . 犁地 : We will plow the field soon after the last frost . 我们将在最后一次霜降过后立刻开始犁地。

ceremony *n* . 典礼 , 仪式 : conduct a flag-raising ceremony 举行升旗仪式

contribution *n* . 贡献 : He made an outstanding contribution to science . 他为科学作出了卓越贡献。

grateful *adj* . 感激的 : I am grateful for your consideration . 谢谢你的关照。

owe *v* . 欠 ; 应感激 : We owe a great deal to our parents and teachers . 我们深深感激我们的父母和老师。

阅读上面的短文 , 选择正确答案。

1 . The words "boats on land " underlined in Paragraph 2 refer to ____ .

- A . animals for taking goods
- B . creatures for pulling plows
- C . treasures of the folk culture
- D . tools in the farming economy

2 . From the third paragraph , we know that ____ .

- A . oxen are no more important today than in the past
- B . ceremonies are held when people cook cattle bone soup
- C . oxen are treated as human in some areas of China
- D . people run with oxen to shake off diseases every month

3 . Which of the following helps to develop traditional customs ?

- A . The special role of oxen in farming .
- B . People's respect and love for oxen .
- C . The practical value of an ox's body .
- D . The contribution of oxen to the economy .

4 . Why does the author write the text ?

- A . To stress the importance of oxen in farming .
- B . To introduce the Chinese folk culture .
- C . To describe how to celebrate the Year of Ox .
- D . To explain how to develop agriculture with oxen .

参考译文

2009年是牛年，“牛”是中国农业文化的代表，在农业经济中，牛是拉犁的主要动物。

当然，牛的好处不只体现在拉犁上。实际上，由于牛能负重，所以就有了“陆地之舟”的美称。此外，牛的全身都是宝，牛肉和牛奶是营养丰富的食物，牛皮可以制作皮衣、皮鞋，基于这些原因，牛被当成了无私奉献的动物。

过去，牛在中国人的精神生活中占据着重要的地位。即使到了今天，它在某些民间活动中依然起着特殊的作用。比如，中国西南地区的某些居民在小孩长到13岁时要举行庆典活动，那时就要烧牛骨汤与家人分享。他们相信牛骨汤代表着家人间的血肉亲情。为了表达对牛的喜爱，某些地区的居民一到农历的1月16日就要举行与牛一起奔跑的活动，以此来驱除身体内的疾病，这表明他们把牛当作人看待。

因为牛的一生都在为人类作贡献，所以中国人非常感激这种动物。此外，庆典活动中少不了牛，再加上人对牛的感激之情，共同衍生出各种各样的传统习俗，它们已经成为中华民族民间文化的重要组成部分。

Saturday

生词巩固

方框内的单词均为本单元生词，请将其与下面的释义一一对应。

disorder	reject	temper	ingredient	hospitality
plow				

() 1 . an illness or medical condition

() 2 . friendly and generous behaviour towards visitors

and guests , intended to make them feel welcome

() 3 . a piece of farm equipment used for turning over the soil before putting seeds into it

() 4 . one of the foods or liquids that you use in making a particular meal

() 5 . a particular emotional state or mood

() 6 . to not agree to an offer , proposal , or request

轻松一刻

幽默故事

A man bought a grandfather clock from an antique shop . In the street he put it over his shoulder , as he did so , knocked over an old lady .

“Idiot , ”she yelled , “Why can't you wear a watch like the rest of us ? ”

参考译文

一位男士从古董店里买了一座老爷钟。来到街上，他把钟扛了起来。当他这样走着时，撞倒了一位老太太。

“白痴，”她嚷道，“为什么你不像我们一样佩戴手表呢？”

参考答案

Term 1 上学期

第1周

Monday

1 . D 2 . A 3 . D 4 . B 5 . B

Tuesday

1 . B 2 . C 3 . D 4 . B

Wednesday

1 . D 2 . D 3 . A 4 . B 5 .
C 6 . B

Thursday

1 . A 2 . A 3 . B 4 . B 5 . C

Friday

1 . Because he had got his ticket
at the last moment .
2 . They all talked and joked a lot
together .
3 . The lady sitting on Mr .
Brown's left .
4 . She apologized to him for the
noisiness of her friends .
5 . They went abroad for a month
or two and had a lot of fun .
6 . She joined it in the spring of
that year .

Saturday

1 . widow 2 . act 3 . curtain

4 . qualify 5 . tryout 6 .
blockade

第2周

Monday

1 . C 2 . A 3 . D 4 . B

Tuesday

1 . A 2 . A 3 . B 4 . A 5 . C

Wednesday

1 . A 2 . C 3 . A 4 . D 5 . A

Thursday

1 . D 2 . B 3 . B 4 . C 5 . B

Friday

1 . C 2 . A 3 . D 4 . A 5 . C

Saturday

1 . cast 2 . ridiculous 3 .
publicity 4 . protest 5 .
assign 6 . domestic

第3周

Monday

1 . B 2 . A 3 . D 4 . A 5 . D

Tuesday

1 . A 2 . C 3 . C 4 . D 5 . B

Wednesday

1 .
B 2 . A 3 . C 4 . D 5 . D
6 . A

Thursday

1 . A 2 . C 3 . B 4 . C

Friday

1 . D 2 . D 3 . B 4 . C 5 . A

Saturday

1 . identify 2 . pregnant 3 .
drain 4 . sparkle 5 .
firsthand 6 . apparatus

第4周

Monday

1 . C 2 . A 3 . B 4 . D 5 . D

Tuesday

1 . B 2 . B 3 . A 4 . C

Wednesday

1 . C 2 . C 3 . D 4 . D

Thursday

1 . D 2 . C 3 . B 4 . C 5 . B

Friday

1 . B 2 . C 3 . B 4 . D 5 . A

Saturday

1 . temporary 2 . patrol 3 .
ballet 4 . romantic 5 . bride
6 . commission

第5周

Monday

1 . C 2 . C 3 . C 4 . A 5 . D

Tuesday

1 . There was a big battle .
2 . It took the enemy's front line
and then advanced half a mile
beyond it .
3 . They were in a trench which
the enemy had dug as a last line
of defence .
4 . They were digging themselves
a new trench .
5 . They spent the time shooting
at the enemy's caps and spades to
see if they could hit any of
them .
6 . One of the enemy soldiers ,
who seemed to be a sportsman ,
did .
7 . It came up very slowly , and
with a bandage tied around it .
1 . A 2 . C 3 . B 4 . A 5 . A
1 . C 2 . D 3 . B 4 . C 5 .

Wednesday

Thursday

Friday

Saturday

C 6 . A

1 . C 2 . A 3 . B 4 . A

1 . dip 2 . flask 3 . blind 4 .
grumble 5 . stroll 6 . bandage

第6周

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 . C 2 . A 3 . D 4 . D 5 . C

1 . D 2 . C 3 . A

1 . C 2 . D 3 . B 4 . B 5 . A

1 . D 2 . C 3 . A

1 . B 2 . D 3 . A

1 . nest 2 . issue 3 . disturb

4 . tide 5 . web 6 . absolutely

第7周

Monday

Tuesday

1 . A 2 . B 3 . B 4 . D 5 . C

1 . She was over eighty .

2 . She drove it like a woman half
her age .

3 . She boasted of the fact that
she had never , in her thirty-five
years of driving , been punished
for a driving offence .

4 . She passed a red light without
stopping when a police car was
following her .

5 . He thought that it was
because her eyes had become

weak with old age , so that she had simply not seen it .

6 . She opened the big handbag she was carrying .

7 . She took out her sewing .

8 . The result was that the case against Mrs . Jones was dismissed , and her record remained unbroken .

Wednesday

1 . Four Famous Cities

2 . second largest

3 . famous landmark

4 . Italian

5 . churches and museums

6 . the capital

7 . the birthplace

8 . an important centre

9 . the Sky Tower

10 . the city of sails

Thursday

1 . D 2 . C 3 . A 4 . B 5 . B

Friday

1 . C 2 . B 3 . B 4 . B 5 . C

Saturday

1 . defensive 2 . victim 3 .
curl 4 . thread 5 . dismiss
6 . offence

第8周

Monday

1 . C 2 . D 3 . D

Tuesday

1 . It was cowboys and Indians .
2 . He had a cowboy suit and a

belt with two guns .

3 . He spent most of his time pretending to be fighting Indians .

4 . His mother took him in a train .

5 . Because he could shoot out of it if he stood up , but could not fall out .

6 . She picked him up in her arms to go and find help .

Wednesday

1 . B 2 . B 3 . D 4 . C 5 . D

Thursday

1 . D 2 . B 3 . E 4 . A 5 . C

Friday

1 . A 2 . B 3 . D 4 . C 5 . A

Saturday

1 . whisper 2 . access 3 .
corridor 4 . improvement 5 .
weld 6 . division

第9周

Monday

1 . B 2 . B 3 . C

Tuesday

1 . D 2 . C 3 . A 4 . C

Wednesday

1 . C 2 . C 3 . D 4 . B

Thursday

1 . They had moved to the desert .

2 . Because they had never been in such a place before .

3 . Because there were no trees or buildings in the desert .

4 . They were given training in

camouflage .

5 . The driver who had the biggest truck did .

6 . He spent several hours painting the truck , preparing a net and searching for some heavy rocks with which to hold the net down .

7 . He was surprised and worried to see that his camouflage work was completely spoilt by the truck's shadow .

Friday

1 . A 2 . D 3 . B 4 . C

Saturday

1 . net 2 . spade 3 . scandal

4 . context 5 . superstition 6 . splendid

第10周

Monday

1 . C 2 . B 3 . C 4 . A 5 . B

Tuesday

1 . B 2 . A 3 . D 4 . A

Wednesday

1 . C 2 . B 3 . A 4 . D 5 . C

Thursday

1 . A 2 . B 3 . C 4 . A 5 . C

Friday

1 . B 2 . C 3 . B 4 . D 5 . A

Saturday

1 . banner 2 . recipe 3 .

relieved 4 . shrug 5 . stuff

6 . comment

第11周

Monday

1 . A 2 . C 3 . B 4 . D 5 . B

Tuesday

1 . B 2 . C 3 . C 4 . B 5 . A

Wednesday

1 . D 2 . C 3 . C 4 . B

Thursday

1 . C 2 . A 3 . D 4 . B 5 . C

Friday

1 . The spines on the leaves of a desert plant make the rate of evaporation slower .

2 . It may tap the water stored below .

3 . Cacti grow in deserts .

4 . Most plants grow better in the light .

5 . Moonlight is weaker than sunlight .

Saturday

1 . census 2 . show-off 3 .

tap 4 . stem 5 . duration 6 .
nourish

第12周

Monday

1 . F 2 . F 3 . F 4 . T 5 .

F 6 . F

Tuesday

1 . D 2 . C 3 . A 4 . D 5 . B

Wednesday

1 . They join it when they are quite young .

2 . They are given a course of training as sailors .

3 . They study things like mathematics and science as well as learning to tie knots , fire guns

and do other practical things .

4 . It is how to swim .

5 . In the old days , many sailors were unable to swim , but nowadays it is rare to find one that cannot .

6 . He had never had a boy whom he had failed to teach to swim by the time the course ended .

7 . No , he had no success at all .

Thursday

1 . C 2 . D 3 . B 4 . D

Friday

1 . C 2 . A 3 . D 4 . A

Saturday

1 . rod 2 . mine 3 . scratch
4 . almanac 5 . devil 6 .
particle

Term 2 下学期

第13周

Monday

1 . C 2 . B 3 . D 4 . D 5 . A

Tuesday

1 . A 2 . C 3 . D 4 . B 5 . E

Wednesday

1 . C 2 . D 3 . B 4 . C 5 . A

Thursday

1 . C 2 . A 3 . B 4 . D 5 . C

Friday

1 . B 2 . D 3 . D 4 . A 5 . D

Saturday

1 . log 2 . rack 3 . advanced
4 . appreciation 5 . plain 6 .
paste

第14周

Monday

1 . D 2 . C 3 . C 4 . D 5 .
C 6 . A

Tuesday

1 . A 2 . C 3 . D 4 . B 5 . A

Wednesday

1 . C 2 . A 3 . D 4 . C 5 . A

Thursday

1 . A 2 . A 3 . D 4 . C

Friday

1 . F 2 . F 3 . T 4 . T 5 .
F 6 . T 7 . F 8 . T 9 . F
10 . F

Saturday

1 . bounce 2 . trough 3 .
residence 4 . camouflage 5 .
altitude 6 . bump

第15周

Monday

1 . A 2 . C 3 . B 4 . B

Tuesday

1 . B 2 . D 3 . C 4 . A

Wednesday

1 . C 2 . C 3 . D 4 . B 5 . D

Thursday

1 . B 2 . D 3 . C 4 . C 5 . C

Friday

1 . A 2 . B 3 . C 4 . C

Saturday

1 . decrease 2 . invade 3 .
intention 4 . rear 5 .
mineral 6 . chew

第16周

Monday

1 . B 2 . D 3 . A 4 . B

Tuesday

1 . B 2 . A 3 . B 4 . D 5 . C

Wednesday

1 . D 2 . A 3 . C 4 . D 5 . A

Thursday

1 . B 2 . C 3 . A

Friday

1 . A 2 . C 3 . B 4 . B

Saturday

1 . concentrate 2 . participant
3 . efficiency 4 . hint 5 .
posture 6 . parade

第17周

Monday

1 . B 2 . D 3 . B 4 . A 5 . C

Tuesday

1 . C 2 . B 3 . A 4 . D 5 . A

Wednesday

1 . Yes , it is .
2 . Rubbish and oil .
3 . More than 175 .
4 . Because they wanted
everyone to stop throwing away
plastic bags .
5 . To help more people realize
the importance of protecting
earth and encourage people to
take action .

Thursday

1 . C 2 . D 3 . B 4 . C

Friday

1 . B 2 . C 3 . A 4 . D

Saturday

1 . dim 2 . patent 3 .
throwaway 4 . band 5 .
dynasty 6 . twist

第18周

Monday

1 . A 2 . B 3 . C 4 . B 5 . D

Tuesday

1 . D 2 . C 3 . A 4 . B 5 . D

Wednesday

1 . Because he had his own very definite ideas of how each scene should look .

2 . It was necessary to produce the effect of a wonderful sunset .

3 . They did so before singing one of their great love songs .

4 . The theatre electricians did .

5 . They tried out all kinds of arrangements and combinations of lights .

6 . He saw exactly the effect that he had been dreaming of producing ever since he had written his play .

7 . Because it was the result of the theatre being on fire .

Thursday

1 . A 2 . C 3 . D 4 . C 5 . D

Friday

1 . A 2 . C 3 . A 4 . D 5 . B

Saturday

1 . behave 2 . famine 3 .

starve 4 . combination 5 .

definite 6 . please

第19周

Monday

1 . C 2 . B 3 . D 4 . D 5 . A

Tuesday

1 . D 2 . B 3 . C

Wednesday

1 . C 2 . A 3 . C 4 . B 5 . D

Thursday

1 . B 2 . D 3 . A 4 . B

Friday

1 . D 2 . A 3 . C 4 . A 5 . B

Saturday

1 . polish 2 . ivory 3 . frank
4 . package 5 . sigh 6 .
insurance

第20周

Monday

1 . D 2 . D 3 . B 4 . D 5 . C

Tuesday

1 . A 2 . B 3 . A 4 . C 5 . D

Wednesday

1 . T 2 . F 3 . T 4 . T 5 .
F 6 . F 7 . T 8 . F

Thursday

1 . A 2 . C 3 . C 4 . B 5 . A

Friday

1 . C 2 . A 3 . B 4 . B

Saturday

1 . moss 2 . winding 3 .
improvement 4 . perfume 5 .
ruin 6 . expedition

第21周

Monday

1 . B 2 . B 3 . C 4 . A 5 . D

Tuesday

1 . D 2 . B 3 . A

Wednesday

1 . C 2 . B 3 . D 4 . B 5 . B

Thursday

1 . C 2 . B 3 . A 4 . A 5 . D

Friday

1 . B 2 . C 3 . C

Saturday

1 . beware 2 . chew 3 .
passion 4 . headquarters 5 .
stroke 6 . reputation

第22周

Monday

1 . B 2 . A 3 . C 4 . D

Tuesday

1 . D 2 . A 3 . C 4 . D

Wednesday

1 . A 2 . B 3 . C 4 . C 5 . D

Thursday

1 . C 2 . B 3 . D 4 . D 5 . B

Friday

1 . C 2 . A 3 . C 4 . B

Saturday

1 . shave 2 . headline 3 .
downpour 4 . board 5 .
stunt 6 . delay

第23周

Monday

1 . B 2 . D 3 . C 4 . A 5 . C

Tuesday

1 . D 2 . C 3 . A 4 . A

Wednesday

1 . C 2 . B 3 . D 4 . A

Thursday

1 . B 2 . A 3 . G 4 . C 5 . D

Friday

1 . A 2 . A 3 . B 4 . A

Saturday

1 . damp 2 . cosmetics 3 .
cease 4 . nibble 5 . rot 6 .
destruction

第24周

Monday

1 . C 2 . A 3 . B 4 . B 5 .
D 6 . B 7 . C 8 . C

Tuesday

1 . B 2 . B 3 . D 4 . B

Wednesday

1 . D 2 . A 3 . B 4 . C

Thursday

1 . New World monkeys .
2 . The strongest monkey .
3 . All of their lives .
4 . Tails .
5 . In the rain forest .

Friday

1 . A 2 . C 3 . B 4 . B

Saturday

1 . disorder 2 . hospitality 3 .
plow 4 . ingredient 5 .
temper 6 . reject